

TRIED AND TRUE



Cook Book



COMPILED
BY THE
LADIES AND
THEIR FRIENDS
OF THE
CONGREGATIONAL
CHURCH
CALGARY
1910



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COLOURED COVER

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We may live without poetry, music and art.

We may live without conscience and live without heart.

We may live without friends, we may live without books,

But civilized man cannot live without cooks.

Owen Meredith.

TRIED & TRUE COOK BOOK



A selection of Tested Recipes compiled by the
Ladies and Friends of the First Con-
gregational Church, Calgary, Alta.,
contributed by the Ladies of
the Congregation.

1910

A FIRE

May come and sweep away your factory, your store, or even your cosy little home. What has taken years to produce may be swept away in a few moments. But, if you are the right kind of a man with GRAY MATTER, grit and energy, you can get busy and build another store, another home, another factory. BUT IF THE one who has the brains to build the HOME, the store or the factory is taken away, what then? To whom will your wife and little ones look for the wherewithal to provide the necessities of life? I have a plan whereby that wherewithal can be guaranteed to your wife and family. Call and see me and we will talk it over.

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SOUPS

TOMATO SOUP—Miss Mabel Smith

1 can tomatoes and 1 pt. water, boil well, add a small teaspoon baking soda, 1 tablespoon of butter, and sprinkle of pepper then strain. 4 soda biscuits rolled fine, 1 pt. milk. Mix all together. Add salt last.

CREAM OF PEA SOUP—Mrs. A. I. Pratt

Put a quart of milk in double boiler. When at boiling point, thicken with 2 tablespoons of flour, 2 of butter, creamed together; open a can of peas, drain water off, then put on stove with pint of hot water, boil till peas are soft, then press through colander, add to boiling milk. A cup of cream can be added just before serving, if desired.

CREAM OF PEA SOUP—Mrs. D. Jackson

1 can of peas, 1 pint of cold water and 1 pint of milk, 1 slice of onion, put in while the milk is scalding; a pinch of butter and 2 tablespoons of flour, 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper.

CREAM OF CELERY SOUP—Mrs. A. T. Pratt

1 head of celery, 1 quart of milk, in double boiler. Break celery in small pieces into milk, 1 slice of onion. Let boil half an hour or longer, then thicken with 2 tablespoons of flour, 2 of butter, creamed together, add to milk, let boil a little longer. Pick out pieces of celery before serving.

CORN SOUP—Mrs. R. W. McLachlan

1 can of corn, 1 pint boiling water, 1 pint milk, 1 slice of onion, 2 tablespoons of butter, 2 tablespoons flour, few grains of pepper. Chop the corn, add water and simmer 20 minutes, rub through a sieve. Scald milk with the onion, remove onion and add milk to corn. Bind with the butter and flour cooked together. Add salt and pepper.

TURKEY SOUP—J. H. M.

Cover the skeleton of turkey with water and boil till meat drops off the bone, then chop meat, add onion and 1 potato. Cook all together with gravy, if any left. Season to taste.

CORN SOUP—Mrs. J. G. MacFarlane

1 can corn, 1 pt. milk, salt, pepper to taste; 1 teaspoon butter. Strain and bring to a good boil. Serve.

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POTATO SOUP—Mrs. E. W. Owen

3 potatoes, 1 quart milk, 2 slices onion, 3 tablespoons butter, 2 tablespoon flour, $1\frac{1}{4}$ teaspoons salt, $\frac{1}{4}$ teaspoon pepper, 1 teaspoon parsley, $\frac{1}{4}$ teaspoon celery, salt. Cook potatoes, then rub through a strainer. Scald milk with onion, remove onion and add milk slowly to potatoes, melt $\frac{1}{2}$ the butter and dry ingredients, stir until well mixed, then stir into boiling soup. Cook 1 minute, strain, add remaining butter and sprinkle with parsley.

VEGETABLE PEA SOUP—Mrs. W. Topp

Take 4 quarts of water, 2 cups of peas, 1 tablespoon salt, 3 medium sized turnips and 4 carrots, cut in good sized pieces, and about 3 lbs. of beef shank. Let it come to a boil and skim well. Then boil about 3 or 4 hours. 1 hour before serving slice and add to the soup two good sized onions. If too thick add more boiling water. Before serving pick out the vegetables and season with pepper and salt to taste. The above recipe is very nice one heaping cupful of barley used in place of peas, adding a little parsley and sage.

POTATO SOUP—A. H. M.

Boil 1 quart of milk with 4 or 5 stocks of celery and 1 onion. Boil 6 potatoes and mash fine, then add the hot milk, 1 teaspoon butter, pepper and salt to taste. Put through a strainer and serve at once.

MILK BISQUE SOUP—Mrs. J. H. McKechnie

$\frac{1}{2}$ can tomatoes, 1 quart milk, $\frac{1}{2}$ cup butter, 1 tablespoon corn starch, 1 tablespoon salt, $\frac{1}{2}$ tablespoon pepper. Cook tomatoes till soft enough to strain easily. Cook butter and corn starch together.

SPLIT PEA SOUP—J. H. M.

1 cup dried split peas, $\frac{1}{2}$ teaspoon sugar, 1 teaspoon salt, 1 tablespoon white pepper, 3 pints cold water, 1 tablespoon butter, 1 tablespoon flour. Soak peas over night, add water as it boils away to keep 3 pints liquid in the kettle. Scrape from sides of kettle. When soft enough put through a strainer and put on to boil again—add either stock, water or cream to make right consistency. It should be more like puree than soup.

CRONTONS—M. E. Parker

Cut stale bread in pieces $\frac{1}{2}$ inch in thickness and remove crusts, spread thinly with butter, cut in $\frac{1}{2}$ inch cubes, put in pan and bake till delicately brown.

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CELERY SOUP—M. E. P.

1 pint milk, 1 tablespoon flour, 1 head of celery, 1 cup whipped cream, a large slice of onion. Boil celery in pint of water for 45 minutes. Boil onion and milk together. Mix flour with two tablespoons milk, mash celery in water in which it has been boiled and stir into boiling milk, add tablespoon butter and season with salt and pepper. Strain and serve at once. Add cream when soup is in tureen.

TOMATO SOUP—A. M. C.

1 pint milk, 1 tablespoon butter, $\frac{1}{2}$ can tomatoes, $\frac{1}{2}$ teaspoon soda, 1 dessertspoon corn starch, salt and pepper to taste. Put tomatoes and 1 cup of water, boil. Heat milk separate. Moisten soda in hot water, add milk (with corn starch mixed in cold milk), and cook all together. Add seasoning and butter.

MONDAY SOUP—M. E. Parker

Put 3 cups cold baked beans, 3 pints cold water, 2 slices onion and 2 stalks of celery in saucepan. Bring slowly to boiling point and let simmer 20 minutes. Rub through sieve or puree strainer, melt 2 tablespoons butter, add $1\frac{1}{2}$ tablespoons flour and pour on gradually while stirring constantly the hot mixture, add $1\frac{1}{2}$ cups stewed and strained tomatoes, season with pepper and salt. Serve with Croutons.

TOMATO SOUP—Mrs. J. Delbert McFarland

Heat 1 can tomatoes and strain. In another dish heat 3 cups milk, when hot add a pinch of soda. To the tomatoes $\frac{1}{2}$ teaspoon soda. Cook altogether, adding salt and pepper to taste and a tablespoon butter. Thicken with rolled cracker.

FISH AND OYSTERS

SCALLOPED OYSTERS—Mrs. A. T. Pratt

Butter a baking dish. Put in a layer of oysters, season with salt, white pepper and a little celery, salt, and cover with a layer of fine dry bread crumbs and little bits of butter. Continue in this way until the dish is nearly full. Rub 2 level teaspoons of flour with 2 tablespoons of butter, pour over gradually 1 pint of scalding milk. Cook and stir until smooth and creamy, then pour it over the oysters. Cover with buttered bread crumbs. Bake a delicate brown in a moderate oven.

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STEAMED SALMON—Mrs. J. Delbert McFarland

One can salmon. Take out pieces of skin and bones. Beat well and add two beaten eggs, piece of butter, one cup milk, $1\frac{1}{2}$ slices of bread crumbs, onion (chopped) to flavor, pepper and salt. Pack into a dish and steam one hour.

SALMON PATTIES—Mrs. D. Jackson

Cut cold cooked salmon into dice, heat about a pint of the dice in half a pint of cream, season to taste with cayenne pepper and salt. Fill the shells and serve. Any kind of fish may be used.

BAKED STUFFED HADDOCK—Mrs. E. W. Owen

Clean a 4-lb. haddock, sprinkle with salt and pepper inside and out, stuff and sew. Cut 5 diagonal gashes on each side of backbone, and insert narrow strips of fat salt pork having gashes on one side come between gashes on the other. Shape with skewers to form a letter S. Fasten skewers with twine. Place in dripping pan with strips of clean cotton under the fish by which it may be lifted when fish is cooked. Brush fish over with melted butter, sprinkle with flour. place pieces of pork around fish in pan. Bake one hour, testing every 10 minutes.

FISH STUFFING—Mrs. E. W. Owen

$\frac{1}{2}$ cup cracker crumbs, $\frac{1}{4}$ cup stale bread crumbs, $\frac{1}{4}$ cup melted butter, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, few drops onion juice, $\frac{1}{4}$ cup hot water. Mix ingredients in order given.

CODFISH SURPRISE—A. M.

Put large spoonfuls of creamed codfish into small baking dishes and add another spoonful on each of mashed potato beaten well with an egg. Bake in the oven till they puff and brown.

FRIED OYSTERS—H. A. B.

Wash and drain thoroughly, dip in cracker crumbs, then in beaten egg, then roll again in cracker crumbs, fry in hot lard a light brown. They are nice packed in cracker crumbs for an hour so as to be perfectly dry when fried.

SHRIMP SAUCE—Miss A. Louie Simpson

1 tablespoon butter, 1 tablespoon flour, $\frac{1}{2}$ cup water, salt and pepper, $\frac{1}{4}$ pint shrimps. Melt butter, rub in flour, add water, stirring all the time, boil, add pepper and salt. When boiled add shrimps. Allow to simmer 15 minutes.

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PIGS IN BLANKETS

Materials—Large oysters, then slices of breakfast bacon, lemon, melted butter, pepper, tooth-picks, celery and toast.

Preparations—Wash and dry oysters, have as many slices of bacon as oysters, place strip of bacon lengthwise in your left hand, lay an oyster across the upper end, begin to roll toward the tip of your fingers. When the oyster is enclosed in the bacon skewer the latter with toothpick. When all are prepared in this manner sprinkle with pepper, dip in melted butter and boil. Serve on hot toast with celery and garnish platter with lemon and white leaves of celery.

ENTREES

CREAM CHEESE—Mrs. A. P. Horner

$\frac{1}{2}$ lb. cheese grated, 2 ozs. butter, 2 ozs. cream, 1 teaspoon prepared mustard. Blend together and pack in jars.

APPLE FRITTERS—Mrs. A. T. Pratt

Beat 2 eggs, stir into them 1 cup of sweet milk and $1\frac{1}{2}$ pints of flour, 3 teaspoons of baking powder. Mix in a scant pint of sliced thin apples. Fry in hot lard. Eat with maple syrup.

MACARONI AND CHEESE—Miss Mabel Smith

Boil $\frac{1}{2}$ lb. macaroni in salted boiling water until almost cooked, then drain and add 1 cup milk and keep at boiling point until it swells. Butter a baking dish, put in a layer of macaroni, then a layer of grated cheese, one more of macaroni then a layer of bread crumbs, with small pieces of butter on top, finally a layer of grated cheese. Bake 15 or 20 minutes or until brown.

SCALLOPED CORN—Mrs. A. I. Pratt

Half tin of corn, cup and a half bread crumbs, 1 egg, 1 cup milk, bits of butter, pepper and salt. Butter pudding dish, then layer of bread crumbs and layer of corn, with tints of butter, pepper and salt, until all has been used up. Last layer crumbs. Bake half an hour. (Good for tea.)

BAKED TOMATOES WITH EGGS—Mrs. R. C. Marshall

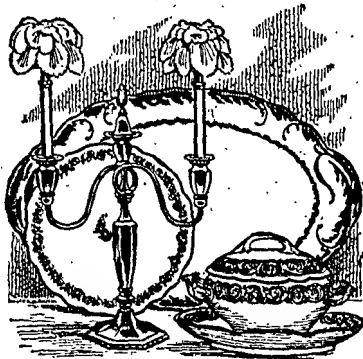
Prepare $\frac{1}{2}$ doz. firm tomatoes. Take out centres, and fill with 1 dessertspoon of ham, chopped fine; 1 egg, unbroken; sprinkle with cracker crumbs and bake. Serve on slice of toast and lettuce.

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TABLE TALK

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EGG BONDONS—Mrs. A. T. Pratt

1 egg well beaten, $\frac{1}{4}$ cup milk, pepper and salt to taste. Cook in buttered tins or cups, in hot water—not boiling. The latter will curdle the egg. Cook $\frac{1}{2}$ an hour or longer, if necessary. Turn out on small plate, surrounded with fresh green peas.—(Good for luncheon or tea).

SCALLOPED TOMATOES—Miss Mabel Smith

Butter a pudding dish, place in a layer of tomatoes, pepper, salt and a little sugar, also a little onion juice, then a layer of bread crumbs. Repeat this until the dish is full, finishing with a layer of crumbs and few pieces of butter. Bake one hour with the top nicely browned.

SCALLOPED GRAPE-NUT—Mrs. A. I. Pratt

1 cup of grape-nut, 1 tin tomatoes. Bake in buttered pudding-dish. Layer of grape-nut, and then a layer of tomatoes. 1 teaspoonful of sugar. Sprinkle over each layer until dish is full. Last layer must be grape-nut. Served with beefsteak.

MEATS AND EGGS

Cold shoulder—This is usually served to the unfortunate young gentleman who may consider himself de trop. He can safely take his departure as soon as it appears. For him the repast is ended.

MEATS AND THEIR ACCOMPANIMENTS

—Mrs. D. Jackson

With roast beef—tomatoe sauce, horse radish.

With roast pork—apple sauce, cranberry sauce.

With roast veal—tomatoe sauce, mushroom sauce.

With roast mutton—currant jelly, caper sauce.

With boiled mutton—onion sauce.

With boiled fowl—bread sauce, lemon sauce.

With roast lamb—mint sauce.

With roast turkey—cranberry sauce, currant jelly.

With boiled turkey—oyster sauce.

With venison or wild duck—cranberry sauce, currant jelly.

SPICED LAMB—Mrs. Harrington

Boil a leg of mutton, weighing 5 lbs. for 2 hours, and while boiling add a tablespoon of whole cloves and a stick of cinnamon, broken. Slice cold and serve with sweet pickled peaches.

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SHEPHERD'S PIE—Miss Mabel Smith

Mince any cold meat through a mincer, add 1 onion, 1 tomato (if not in season some canned will do), 1 egg, salt and pepper to taste, any gravy from left over dishes, mix well, put in a deep dish, cover over top with potatoes, boiled and mashed with a little butter and milk. Bake in hot oven for thirty minutes.

CHICKEN CROQUETTES—Mrs. D. Jackson

Take any kind of fresh meat or fowl, chop very fine, add an equal quantity of smoothly mashed potatoes, mix, and season with butter, salt and pepper, a little prepared mustard. Make into cakes, dip in egg and bread crumbs and fry a light brown.

ROAST PIGEON—Mrs. Harrington

When clean and ready for roasting, fill the bird with stuffing of bread crumbs, a spoonful of butter, a little salt and nutmeg and 3 oysters to each bird (some prefer chopped apple). They must be well basted with melted butter and require 30 minutes careful cooking.

TO BOIL A HAM—Mrs. W. W. M.

Soak several hours or over night in cold water to cover. Wash thoroughly, trim off hard skin near end of bone, put in a kettle and cover with cold water and boil 4 or 5 hours. When ham is partially cool remove skin and cover with bread crumbs. Set in the oven, moderately heated, for nearly an hour.

HAMBURG STEAKS—Mrs. W. J. Lamoureux

Chop finely 1 lb. lean raw beef, season lightly with salt and pepper and onion juice, or $\frac{1}{2}$ shallot, finely chopped. Shape, cook and serve as meat cakes. A few gratings of nutmeg and an egg may be added.

BEEFSTEAK AND ONIONS—Mrs. Ed. Parker

Prepare steak in usual way. Have ready in a frying pan 6 onions, cut in slices and fried brown in a little beef dripping or butter. Dish the steak and lay the onions thickly over the top, cover and let stand 5 minutes, then serve hot.

CHINESE CUP—Mrs. E. W. Owen

Mince 2 cups left over meat, season, add 2 eggs, with whites and yolks, beaten separately, beat all together. Add $\frac{1}{2}$ cup milk, $\frac{3}{4}$ cup flour, 1 teaspoon baking powder. Beat well, put in buttered cups and bake till brown.

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STEWED BEEFSTEAK—Mrs. Angus McLean

Melt a little butter in a frying pan, cut up onions and carrots and fry till quite brown. Remove vegetables to a saucepan containing about a quart of water. Then fry beefsteak in saucepan till brown, put in with vegetables and simmer gently for about 2 hours. When done thicken with flour and season.

CHICKEN JELLY—Mrs. J. H. McKechnie

Joint 2 chickens as for fricassee, skin and leave out giblets, boil in water enough to cover till bones slip out. Strain 1 quart of the broth, season with salt and pepper, dissolve 1 box gelatine in 1 pint water, add to the boiling quart of broth, put in the meat of chickens, boil up and mould. Set to cool.

VEAL LOAF—Mrs. D. Jackson

2 lbs. of veal or beef, 1 lb. of pork, both minced; $\frac{3}{4}$ cup of bread or biscuit crumbs, balance of that cup to be filled with milk, 1 egg, a little sage, 2 onions added if wanted, salt and pepper to flavor. Bake for 1 hour.

SPICED BEEF RELISH—Mrs. D. Jackson

Take 2 lbs. of raw tender beefsteak, chop fine, put in salt, pepper, a little sage, 2 tablespoons of melted butter, add 2 rolled crackers, rolled fine, also 2 well beaten eggs. Make it up into shape of a roll and bake it carte with butter and water before baking. Cut in slices when cold.

"To drop eggs—let go of them."

APPLE OMELET—Mrs. D. Jackson

Take 9 large tart apples, 4 eggs, 1 cup sugar, 1 tablespoon of butter, add cinnamon or spice to suit taste, stew apples until they are very soft, mash them so that there will be no lumps, add butter and sugar while they are still warm, but let cool before putting in the beaten eggs. Bake until brown. To be served with Pork.

EGG IN THE NEST—Mrs. A. I. Pratt

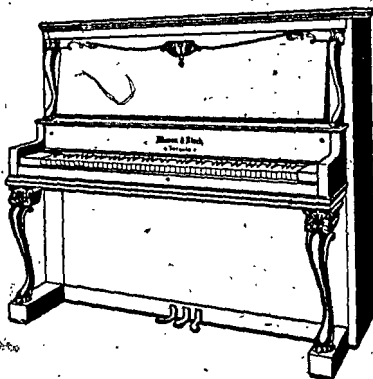
Separate the yolk from the white without breaking. Whip the whites stiff. Toast the bread (one piece and one egg for each person), dip in hot water, put on plate in oven, cover for five minutes, take out, build a nest with the whites of egg, make a small dent in centre, drop the yolk in the dent, sprinkle with salt and pepper and bits of butter. Return to oven to brown.

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BAKED EGGS—Mrs. J. Harry Alexander

Butter flat pan, cover with biscuit or dry bread crumbs, break eggs on this, sprinkle pepper and salt and several lumps of butter and a few crumbs. Bake until white of egg is cooked.

CHEESE OMELET—Mrs. D. Jackson

Beat up three eggs and add to them a tablespoon of grated cheese, add a little more cheese before folding, turn it out on a hot dish, grate a little cheese over it before serving.

SCRAMBLED EGGS—Mrs. E. W. Owen

1 egg to a person. Beat well, then add 2 tablespoons milk to each egg, put in double boiler and stir with wooden spoon. When done add a little butter, pepper and salt.

FRENCH OMELET

1 quart of milk, 1 pint of bread crumbs, 5 eggs, 1 tablespoon flour, 1 onion chopped fine, chopped parsley, season with pepper and salt. Have butter melted in a frying pan, when the omelet is brown, turn it over. Double when served.

OMELET WITH HAM

Make a plain omelet, and just before turning one-half over the other sprinkle over it some finely-chopped ham. Garnish with small slices of ham. Jelly or marmalade may be added in the same manner.

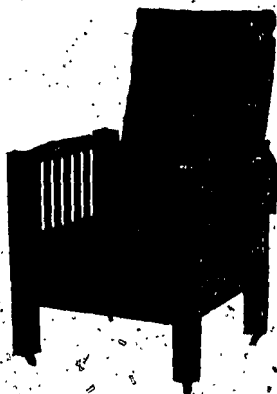
BOILED EGGS—Mrs. J. H. Smith

Have the water boiling, take off the stove and set in a warm place (the stove hearth will answer), put in the eggs and cover the vessel closely; let them simmer nine minutes. They are then cooked evenly and well.

BAKED OMELET

Six eggs, whites and yolks, beaten separately and very light, a tea cup of warm milk with a tablespoon of butter melted in it, a tablespoon of flour, 1 teaspoon salt, a little pepper, mix together, adding whites last. Bake 20 minutes.

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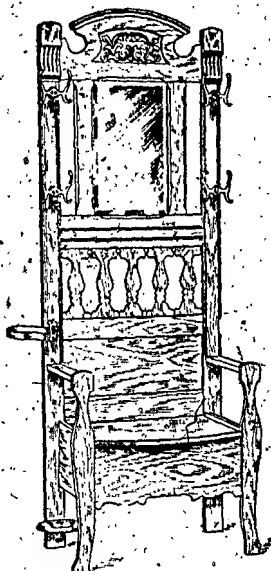
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VEGETABLES

"Potatoes for breakfast—Have it understood they shall not be eaten on the previous evening."

POTATO CROQUETTES—Mrs. Frank Hodgson

2 cups hot potatoes, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, a few grains cayenne pepper, a few drops onion juice, yolk of 1 egg, 1 teaspoon chopped parsley. Mix ingredients in order given beating thoroughly. Shape, roll in bread crumbs, then egg and then bread crumbs again. Fry in deep fat and drain on paper. Cook well.

POTATO CROQUETTES—Mrs. D. Jackson

2 cups mashed potatoes, season with salt and pepper and a small piece of butter. Beat whites of 2 eggs, and work together thoroughly. Make in small balls, dip in yolks of eggs, roll in cracker or bread crumbs, and fry in a little butter.

CORN—Mrs. R. W. McLachlan

Put cobs of corn in boiling water to which sugar has been added.

BAKED POTATOES—Mrs. R. C. Marshall

Prepare $\frac{1}{2}$ doz. smooth, oblong potatoes and bake. When done, cut lengthwise and take out the potato without breaking the skin. To this add 1 large tablespoon butter, salt and pepper and a little milk or cream, and beat until light. Fill the shells. Then brush the tops with beaten egg and sprinkle cracker crumbs. Place in oven until brown.

POTATO FRITTERS—Mrs. A. T. Pratt

Mash a pint of cooked potatoes and beat until very light, add a pint of flour, 2 eggs beaten very light, teaspoon of baking powder and a pinch of salt with enough sweet milk to make a batter that will just drop from the spoon. Drop by large spoonfuls into hot fat, and fry quickly. Serve very hot.

SCALLOPED POTATOES—Mrs. E. W. Owen

Slice raw potatoes very thin and put a layer of potatoes then a very little onion finely chopped, a little butter, flour, pepper and salt. Repeat, make in all three layers. Pour over all enough milk to nearly cover potatoes and bake in a slow oven at least one hour.

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SCALLOPED POTATOES—Mrs. J. Harry Alexander

Pare potatoes and slice them in dish, sprinkle with salt and pepper and several lumps of butter, cover with milk and bake in slow oven about 1 hour.

MURFY CROQUETTES—Mrs. J. Delbert McFarland

Cold potatoes mixed with beaten egg, seasoned with pepper, butter and salt. Rolled in beaten egg and fried in butter.

STUFFED POTATOES—Miss A. Louie Simpson

Wash, scrub and bake 3 smooth potatoes, cut in halves, lengthwise, scoop out potatoes into bowl without breaking the skin, mash; add 1 tablespoon butter, 1 tablespoon hot milk, salt and pepper, 1 beaten egg. Mix well. Fill the skin with the mixture. Brown in the oven.

SALADS

WALDORF SALAD—Mrs. J. H. Smith

Take four large sour apples, two onions about the same size, one half a cup English walnuts, chop all very fine and pour over it a mayonaise dressing.

COLD VEAL AND TOMATO JELLY SALAD

—Mrs. J. Harry Alexander

To a pint of tomato liquor obtained by pressing stewed tomatoes through a sieve, add 2 tablespoons of Tarragon vinegar, sugar to sweeten slightly, salt, a dash of cayenne and a few drops of onion juice. Place in fire when hot, add $\frac{1}{2}$ box gelatine previously dissolved in cold water to cover. Stir well, add 1 cupful of diced cold cooked veal and pour into wetted cups. Stand in cool place. When firm turn out and serve in lettuce leaves.

STUFFED TOMATOES—Miss Mabel Smith

Cut a small piece off top of tomato, remove pulp, mix with it some minced onion, pepper and salt, and bread crumbs, fill the tomato with this mixture, place the top on, and bake for half an hour.

CORN SALAD—Mrs. A. P. Horner

1 tin corn, 1 small head lettuce, cut fine. Mustard cream, as follows: Cream for corn salad—1 egg, $\frac{1}{4}$ cup of sugar, $\frac{1}{2}$ cup vinegar, 1 teaspoon butter, 1 teaspoon flour.

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MYSTERY SALAD—Mrs. D. Jackson

Boil 4 eggs hard, cool and chop fine; chop $\frac{1}{2}$ cup of walnuts. Lay a small lettuce leaf on individual dish, two thin slices of banana on it, then a layer of walnuts, about one teaspoon of chopped egg, and cover with mayonaisse dressing.

STUFFED SWEET PEPPERS—Mrs. L. P. Winslow

Remove the tops and seeds of the peppers, stuff with finely chopped, cooked meat, well seasoned. Put in a baking pan and place a thick slice of fresh tomato on top of each stuffed pepper. Pour a cupful of good stock over all and bake fifteen minutes in quick oven.

SOUR CREAM DRESSING IN ORANGE SALAD

—Mrs. J. Harry Alexander

Sour cream whipped, about 1 cup or less, add enough Durkey's dressing to color like lemon, dash of cayenne pepper, salt, sugar, and lemon juice to taste. Put over oranges on lettuce and sprinkle chopped nuts over all.

CABBAGE SALAD—Miss A. Louie Simpson

Cut cabbage fine, put in dish layer of cabbage, then pepper and salad, add dressing. Mix well.

DRESSING—4 teaspoons sugar, 2 teaspoons butter, 2 teaspoons flour, $1\frac{1}{2}$ teaspoons mustard, 1 egg, 1 cup vinegar. Mix well, put on fire, boil; pour hot over cabbage.

SALAD DRESSINGS

COOKED SALAD DRESSING—Mrs. L. P. Winslow.

1 teaspoon mustard, 1 teaspoon salt, $1\frac{1}{2}$ tablespoons sugar, $1\frac{1}{2}$ tablespoons flour, $1\frac{1}{2}$ tablespoons melted butter, little cayenne, $\frac{1}{4}$ cup vinegar, 1 cup sweetmilk.

SALAD DRESSING, No. 1—Mrs. J. Delbert McFarland

$\frac{1}{2}$ cup vinegar, or 2 lemons is much nicer; 1 teaspoon pepper, 1 teaspoon mustard, 2 tablespoons sugar, salt, 2 eggs and a small piece of butter improves it. Cook on stove. When cold stir in cup of sweet or sour cream. This is a nice dressing to pour over sliced cold potatoes; a small piece of chopped onion and decorate with hard boiled eggs.

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SALAD DRESSING—Mrs. E. W. Owen

1 teaspoon salt, 2 teaspoons sugar, 1 teaspoon mustard, 1 teaspoon corn starch, mix with $\frac{1}{2}$ cup vinegar, then add 2 beaten eggs and 1 cup milk. Cook in double boiler till it thickens.

SALAD DRESSING, No. 2—Mrs. J. Delbert McFarland

2 tablespoons butter, 1 tablespoon flour, 1 tablespoon sugar, 1 teaspoon salt, 1 teaspoon dry mustard, $\frac{1}{2}$ cup vinegar, 1 cup milk, 3 eggs and a speck cayenne pepper. Let butter get hot, add flour and stir until smooth—being careful not to brown. Add milk, stir and boil up; beat eggs, salt and mustard; add vinegar and stir into boiling mixture. Continue stirring until it thickens.

SALAD DRESSING—Mrs. Dalziel

Yolks of 3 eggs, 2 tablespoons sugar, 2 tablespoons melted butter, 1 teaspoon mustard cream and add one cup of milk or cream, $\frac{1}{2}$ cup heated vinegar and the whites of three eggs beaten stiff. Place in double boiler and bring to a boil.

SALAD DRESSING—Miss Louie Simpson

2 tablespoons sugar, 1 teaspoon mustard, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup vinegar, 2 teaspoon butter, 2 eggs. Heat vinegar in double boiler, mix sugar, mustard, salt, eggs in bowl, stir in heated vinegar, put back in double boiler and stir until it thickens. Remove from stove and beat in the butter. When cool thin with cream or milk.

SALAD DRESSING—Mrs. McBratney

Small $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon mustard, $1\frac{1}{2}$ tablespoons sugar, $\frac{1}{2}$ tablespoon flour, $\frac{1}{2}$ tablespoon melted butter, yolks 2 eggs, $\frac{1}{4}$ cup cream, $\frac{1}{4}$ cup vinegar.

BREADS

A competence—May we never want bread to make a toast or a good cook to prepare it

STEAMED BROWN BREAD—Mrs. A. T. Pratt

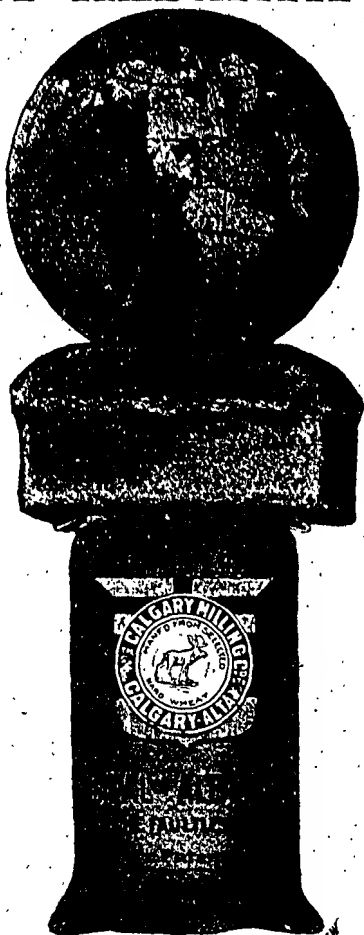
2 cups sour milk, $\frac{1}{2}$ cup molasses, 2 cups Graham flour, $\frac{1}{2}$ cup wheat flour, $\frac{1}{2}$ cup corn meal, 2 teaspoons of soda, $\frac{1}{2}$ teaspoon of salt. Mix and steam in buttered tins, 2 hours, then bake in oven 20 minutes. (Good with beans or for luncheon.)

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RECIPE FOR BREAD

For 3 loaves of bread baked in tins 5 inches wide, 9 inches long and 2 inches in depth, I take 1 cake of Fleischman's compressed yeast and put it to soak for about 5 minutes in $\frac{1}{2}$ cup lukewarm water while I am getting my other ingredients together. Take 1 quart lukewarm water, if you have milk to spare use $\frac{1}{2}$ milk as it is a little better than all water; if not, use water, it will make good bread, 1 tablespoon salt, 2 teaspoons sugar. Now have ready 3 quarts sifted flour in a deep pan (I use a small dish pan for a bread pan), dissolve the yeast with spoon, add it to the quart of water, make a hole in your pan of flour and begin to pour in the water and stir with a knife until very stiff. Then take the hands and mould into a very stiff loaf, keeping it in the pan. If not stiff enough add more flour, until you can handle without sticking to the hands. Do this in the evening. Cover up warm and place in a nice warm corner. First thing in the morning look at the bread—the pan will be full (if it has been warm). Now cut it down with a knife, take out on moulding board, cut into 3 parts, shape into loaves, place in your greased tins, set where it will be warm, and when it rises to twice its size, put in moderate oven and bake 1 hour, turning it as needed.

DATE LOAF—Miss J. Matthew

3 cups Graham flour, 1 cup white, $\frac{1}{4}$ cup brown sugar, 2 cups sweet milk, 3 teaspoons baking powder, 1 teaspoon salt, 1 lb. stoned dates and a few walnuts cut up, not too fine. Bake forty minutes in a moderate oven.

NUT BREAD—Mrs. D. Jackson

1 cup syrup, 1 teaspoon soda, 1 cup milk, 2 teaspoons salt, 2 cups Graham flour, 2 cups white flour, 1 cup chopped walnuts, $\frac{1}{4}$ cup sugar. Bake 1 hour.

NUT BREAD—Miss Maude McKergow

1 egg, 1 cup sugar, 1 teaspoonful salt, $1\frac{1}{2}$ cups milk, $3\frac{1}{2}$ cups flour, $3\frac{1}{2}$ teaspoons baking powder, 1 cup chopped nuts. Let stand in tin 30 minutes, then bake about 45 minutes.

NUT BREAD—Mrs. J. Harry Alexander

4 cups flour, $\frac{3}{4}$ cup sugar, 1 cup cut walnuts, 4 teaspoons baking powder, 1 teaspoon salt, $1\frac{1}{4}$ cups milk, 1 egg. Beat egg and sugar, add milk and dry ingredients, stir well and put in greased pan. Let stand in a warm place twenty minutes and bake about $\frac{3}{4}$ of an hour.

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NUT BREAD—Mrs. H. N. Heavens

4 cups flour (sifted), 4 teaspoons baking powder, 1 egg, 1 cup milk, $\frac{3}{4}$ cup brown sugar, butter the size of an egg, 1 cup of walnuts chopped.

STEAMED BROWN BREAD—Mrs. L. P. Winslow

1 cup sour milk, $\frac{3}{4}$ cup molasses, 2 cups sweet milk, 1 tablespoon soda, little salt, $2\frac{1}{2}$ cups cornmeal, 1 cup flour. Steam three hours. Serve hot.

VIRGINIA CORNBREAD—Mrs. L. P. Winslow

2 tablespoons butter, 2 eggs, beaten light, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup sweetmilk, 1 cup flour, $\frac{1}{2}$ cup cornmeal, 2 teaspoons baking powder.

WHOLE WHEAT NUT BREAD—Mrs. L. P. Winslow

1 yeast cake dissolved in warm water, 2 cups sweetmilk, 1 cup English walnuts, chopped a little, 3 tablespoons sugar, 1 teaspoon salt. Whole wheat flour to make stiff dough.

NUT LOAF—Mrs. H. P. Wright

4 cups flour, 4 teaspoons baking powder, 1 small cup brown sugar, 1 large tablespoon butter, 1 egg, 1 teaspoon salt, 1 cup chopped walnuts, $1\frac{1}{4}$ cups milk. Knead a few minutes, let rise $\frac{3}{4}$ of an hour, bake 1 hour.

BROWN BREAD—Mrs. J. Harry Alexander

$\frac{1}{2}$ Royal yeast cake dissolved in small amount of warm water, 2 large cups of flour sifted, 1 pint warm water, $\frac{1}{2}$ teaspoon salt. Let stand over night. In the morning mix in large tablespoon molasses, 2 cups whole wheat flour, add white flour and knead well. Let rise, knead again, let rise in buttered pan and bake in moderate oven 1 hour.

CURRENT LOAF—Mrs. J. Harry Alexander

3 cups white flour, 2 cups Graham flour, $\frac{1}{2}$ teaspoon salt, 2 teaspoons soda (dry), 2 cups currants, raisins and nuts, 2 tablespoons white sugar, butter size of a lemon, 2 cups sour milk put in last. Bake in moderate oven.

NUT BREAD—Mrs. Frank Hodgson

2 cups milk $1\frac{1}{2}$ cups sugar, 2 cups Graham flour, 2 cups white flour, 1 cup molasses, 1 teaspoon soda in molasses, 1 cup chopped nuts.

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BREAKFAST AND TEA CAKES

COFFEE ROLLS—Mrs. Frank Hodgson

Scald 1 cup milk, when cool add 1 cake yeast and $1\frac{1}{2}$ cups flour. Let rise until light then add $\frac{1}{4}$ cup lard, $\frac{1}{4}$ cup butter, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon cinnamon, 1 teaspoon salt, 1 egg unbeaten, and $1\frac{1}{4}$ cups flour. Beat together with hand, let rise again, shape, place on buttered tins, let rise and bake.

OLD VIRGINIA FLAPJACKS—Mrs. L. P. Winslow

1 quart of buttermilk, 2 eggs beaten light, 2 tablespoons molasses, 1 tablespoon melted shortening, 1 teaspoon salt, 1 teaspoon soda, sifted with meal and flour; $\frac{1}{2}$ cup flour, 2 cups Indian meal. Sift together meal, flour, soda and salt, place in bowl and pour in other ingredients mixed together, beating vigorously all the time. The batter should be quite thin.

GRIDDLE CAKES—Miss Mabel Smith

2 cups sour milk, 2 eggs, 1 teaspoon salt, 2 cups flour, 1 teaspoon baking powder, 2 tablespoons hot water. Beat thoroughly eggs and salt, add milk, stir in the flour, beat well and cook at once on a very hot griddle. When the cakes brown on one side, quickly turn with a large knife.

PAN CAKES—Mrs. E. W. Owen

1 cup flour, 1 dessertspoon sugar, salt, 1 teaspoon baking powder sifted with flour, 1 egg (beaten). Add gradually enough sweet milk to thin it. If sour milk is used omit egg and baking powder and add a small teaspoon soda.

BAKING POWDER BISCUITS—Miss Mabel Smith

Sift 2 cups of flour with $\frac{1}{2}$ teaspoon salt and 2 teaspoons baking powder three times; then add 2 tablespoons butter and mix with tips of fingers thoroughly, then add 1 cup milk and water (half of each), turn the soft dough on to your board, but do not knead, roll one inch thick, cut out and bake in hot oven for fifteen or twenty minutes.

WAFFLES—Mrs. A. Whyte

1 pint sifted flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon salt. Beat 3 eggs very light, add $1\frac{1}{4}$ cups milk. Stir milk and eggs slowly into flour and lastly add 1 heaping tablespoon of melted butter. Cook on hot buttered waffle iron.

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CINNAMON ROLLS—Mrs. J. Harry Alexander

Biscuit dough, rolled thin, and brown sugar, butter and cinnamon, spread in roll and cut in slices. Bake in hot oven.

TEA BISCUIT—Mrs. J. Harry Alexander

4 cups flour, sift after measuring; $\frac{1}{2}$ teaspoon salt, 4 large teaspoons baking powder, 1 small tablespoon brown sugar, $\frac{1}{2}$ cup lard, mix with milk.

BAKING POWDER BISCUITS—Mrs. J. Harry Alexander

Mix 2 cups pastry flour and 4 level teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, mix into this, 2 tablespoons of butter, then moisten with 1 cup milk and roll.

MUFFINS WITHOUT EGGS—Mrs. D. Jackson

1 quart of buttermilk, 1 cake Fleischmann's yeast dissolved in the milk, a little salt and flour—enough to make a stiff batter. Drop in hot gem pans and bake in a quick oven. Two or three tablespoons of sour milk will make them a little richer.

BAKING POWDER BISCUIT—Mrs. D. Jackson

2 pints of flour, butter the size of an egg, 3 heaping teaspoons baking powder and one of salt. Make a soft dough of sweetmilk and water, knead as little as possible, cut in biscuit shape and bake in a quick oven.

BAKING POWDER BISCUITS—Miss A. Louie Simpson

1 pint of flour, $\frac{1}{2}$ teaspoon salt and 2 teaspoons baking powder in sifter; 3 teaspoons butter, milk to make a soft dough. Cut milk in with knife. Bake 15 minutes.

GRAHAM GEMS—Mrs. Frank Hodgson

1 cup Graham flour, 1 cup white flour, 1 cup sour milk, $\frac{1}{2}$ teaspoon soda, 3 tablespoons molasses, 1 tablespoon butter and a little salt.

GRAHAM MUFFINS—Mrs. J. H. Smith

2 cups Graham flour, $\frac{1}{2}$ cup white flour, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of sugar, 1 cup of milk, 1 teaspoon of soda dissolved in hot water, 1 egg. Fill muffin tins and bake.

COOKIES

COOKIES—Mrs. J. H. Smith

2 cups sugar, 1 cup shortening, 1 egg, 1 cup sour cream, 1 teaspoon soda, enough flour to make stiff enough to roll.

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HERMITS—Mrs. J. Harry Alexander

1½ cups brown sugar, 1 cup chopped raisins, 1 cup butter, 3 eggs, 1 teaspoon soda dissolved in 2 tablespoons milk; nutmeg, cinnamon and cloves to taste and flour to roll.

MARGUERITES—Mrs. L. P. Winslow

White of 1 egg, beaten stiff; ¼ cup granulated sugar, 1 cup nutmeats chopped a very little, ½ teaspoonful flavoring. Spread thick on Christie reception wafers and bake a light brown in slow oven.

MOCK MACAROONS—Miss J. Matthew

Beat white of one egg until light (not stiff), and add gradually while heating constantly 1 cup of brown sugar. Cut and fold in one cup of pecan-nut meats finely chopped and sprinkled with one-fourth of teaspoon salt. Drop from tip of spoon one inch apart on a buttered sheet and bake. This recipe makes 2 dozen little cakes.

KISSES—Miss J. Matthew

Whites of 2 eggs beaten until standing, add scant cup of white sugar. One level tablespoon cornstarch. Set in pan of boiling water and cook till cornstarch is done. Then add cocoanut till stiff. Flavor to taste. Drop on buttered paper. Bake in slow oven.

SCOTISH FANCIES—Mrs. R. W. McLachlan

1 egg, ½ cup sugar, ½ tablespoon melted butter, 1 cup rolled oats, ½ teaspoon salt, ¼ teaspoon vanilla. Beat egg until light, add gradually sugar; and then stir in remaining ingredients. Drop mixture by teaspoonfuls on a thoroughly greased inverted pan one inch apart. Bake in a moderate oven until delicately browned. To give variety use two-thirds cup rolled oats and fill cup with shredded cocoanut.

GINGER COOKIES—Mrs. L. P. Winslow

1 cup lard, 1 cup sugar, 1½ cups molasses, ½ cup sour milk, 2 eggs, 2 teaspoons soda, 1 teaspoon cinnamon, 1 teaspoon ginger, ½ teaspoon cloves, 1 teaspoon salt. Flour to make soft dough.

COOKIES—Mrs. R. W. McLachlan

1 cup sugar, 1 cup butter, 2 eggs, 2 tablespoons milk, 1 teaspoonful soda, ¼ teaspoon cream of tartar. Spices to taste. Add flour, beating well, then roll and cut.

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COOKIES—Miss Mabel Smith

1 cup sugar, $\frac{1}{2}$ cup butter, 4 tablespoons milk, 2 eggs, 2 cups flour, 2 teaspoons baking powder. Beat eggs and sugar together, then add milk and butter. Sift baking powder and flour together, add gradually to the above until the dough can be handled. When no more flour can be worked in roll out thin, cut with a cookie cutter. Bake in a quick oven.

OATMEAL CAKES—Miss J. Matthew

1 cup fine oatmeal (rolled oats put through chopper), 1 cup flour, $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup shortening (butter and lard, equal parts), 2 teaspoons baking powder, sweet-milk to wet. Roll thin and put cooked dates between.

OATMEAL COOKIES—Mrs. R. W. McLachlan

5 cups of rolled oats, 2 cups of flour, 1 cup of sugar, 1 cup of butter, 1 teaspoon of soda, $\frac{1}{4}$ cup of sour milk. Roll out and cut.

HERMITS—Mrs. L. P. Winslow

1 cup sugar, 1 cup raisins, chopped fine; 1 cup nut meats, chopped fine; $\frac{1}{2}$ cup butter, $\frac{1}{4}$ cup milk, 2 eggs, 3 cups flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves. Drop batter in teaspoonfuls on this and bake in moderate oven. These are better three or four days old.

ROCKS—Mrs J. Harry Alexander

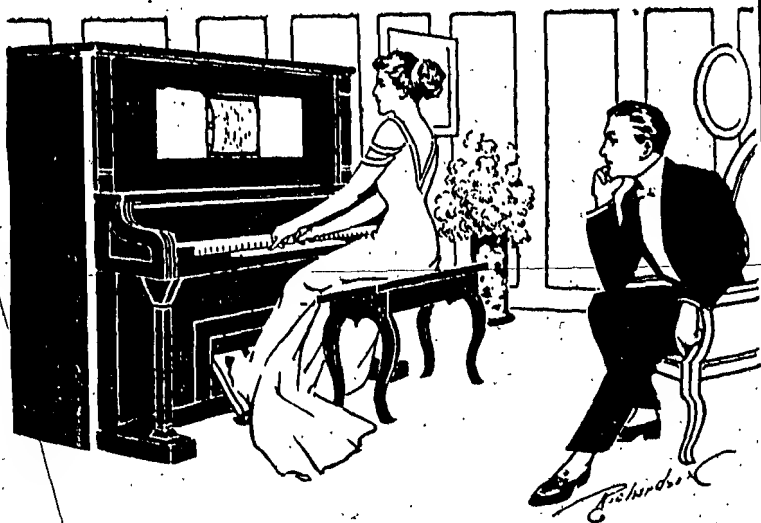
1 $\frac{1}{2}$ cups brown sugar, 1 cup butter, 3 eggs, 2 tablespoons water, 1 teaspoon soda, 1 teaspoon spice, 1 cup raisins or currants, 1 cup chopped walnuts, 3 cups flour. Drop on buttered pans or bake in small patty pans.

DATE COOKIES—Mrs. J. Harry Alexander

1 cup brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup milk, 1 teaspoon baking powder, 2 cups rolled oats, 2 $\frac{1}{2}$ cups flour. Roll, then place dates on one half and fold over the other half. Roll again, cut in squares and bake in hot oven.

PEANUT WAFERS—Mrs. Frank Hodgson

$\frac{1}{2}$ cup lard or butter, cream this with small cup sugar, $\frac{1}{4}$ cup sweet milk and a scant $\frac{1}{2}$ teaspoon soda in milk, 2 cups flour, pinch of salt, $\frac{1}{4}$ lb. peanuts shelled and rolled. Cook in oven in a large pan. Cut in squares at once and remove from pan.



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OATMEAL COOKIES—Mrs. J. Delbert McFarland

3 cups oatmeal, 3 cups flour, 1 cup shortening, 1 cup sugar, a pinch of salt, stir together. 1 small teaspoon soda dissolved in 1 small cup hot water. Make early in the morning and let stand two hours. then roll.

CAKES

BRIDGEPORT CAKE—Mrs. Frank Hodgson

1 cup butter, $1\frac{1}{2}$ cups sugar, 1 cup raisins, 2 cups flour, 1 teaspoon soda, 3 eggs, 1 cup sour milk.

TRILBYS—Mrs. M. A. Cross

1 egg, 1 cup sugar, 1 cup butter or lard, $\frac{1}{2}$ cup milk, 2 cups oatmeal, flour to roll, 1 teaspoon cream of tartar, $\frac{1}{2}$ teaspoon soda. Cut out small cookies, spread with filling while hot and place two together.

Filling— $\frac{1}{2}$ lb. dates, $\frac{1}{2}$ cup sugar, 1 cup water. Simmer till tender.

SPONGE CAKE—Mrs. R. W. McLachlan

Yolks 3 eggs, 1 cup sugar, 1 tablespoon hot water, 1 cup flour, $1\frac{1}{2}$ teaspoons baking powder. Beat yolks, add sugar gradually, add water, flour mixed and sifted with the baking powder and a pinch of salt, then add the whites of three eggs beaten until stiff and last 2 teaspoons of vinegar. Bake 35 minutes in a moderate oven.

EGGLESS COCOA CAKE—Mrs. L. P. Winslow

4 tablespoons melted butter, 1 cup sugar, 1 cup sour milk, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup dry cocoa, 1 teaspoon soda, 1 teaspoon Vanilla.

NICE LIGHT CAKE—Miss J. Matthew

2 eggs, 1 cup sugar, $\frac{3}{4}$ cup sweet milk, $1\frac{1}{2}$ cups flour, 2 heaping teaspoons baking powder, 2 tablespoons melted butter. Flavor to taste. After all ingredients are in beat or stir for five minutes.

MRS. GRIFFITHS' CAKE

1 cup brown sugar, small $\frac{1}{2}$ cup butter, yolks 3 eggs, 1 tablespoon molasses, $\frac{1}{2}$ cup sour milk, 2 cups flour, 1 cup chopped raisins, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon soda, 2 teaspoons cream tartar.

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WHITE PART—1 cup sugar, 1 dessertspoon butter, 1 egg, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 1 teaspoon soda, 2 teaspoons cream of tartar.

SPONGE CAKE.—Mrs. L. P. Winslow

5 eggs beaten very light without separating, 1 cup sugar, 1 cup flour, 1 teaspoonful baking powder sifted with flour; 1 teaspoon lemon, pinch salt. Bake half or three-quarters of an hour in slow oven.

SUNSHINE CAKE—Miss Maud McKergow

Whites of 7 eggs, yolks of 5 eggs, $1\frac{1}{2}$ cups granulated sugar, 1 cup flour, $\frac{1}{2}$ teaspoon cream of tartar, pinch of salt. Add cream of tartar and salt to whites when whipping. Flavor with lemon. Beat whites very stiff, add sugar, beat well, add yolks, then flavoring, and fold flour lightly through. Bake in moderate oven about 35 or 40 minutes.

PEACH SHORT-CAKE—Mrs. A. T. Pratt

Make enough good pie-paste to make two pies, add a teaspoonful of Baking powder to same. Bake in two layer tins. Peel and cut 6 large peaches fine. Make a syrup of 1 cup of gr. sugar, and 1 cup of water. Boil two or three minutes, then add peaches. Boil two minutes more, then spread in centre of top of cake, serve with whipped cream on top—(very good).

SHORT-CAKE—Miss Mabel Smith

2 cups butter (or $1\frac{1}{2}$ cups of butter and $\frac{1}{2}$ a cup of lard), 6 to 7 cups of pastry flour, cream butter and 1 cup of sugar until very soft, then add flour gradually, roll out, scratch lightly the top with a fork. Cut any shape, bake like cookies.

APPLE SHROT-CAKE—Mrs. A. I. Pratt

Peel tart apples, cut into slices, sprinkle with sugar, put into a pan, pour a plain cake batter or dough over the apples, and bake at once. Serve with cream and sugar.

CHOCOLATE NUT CAKE—Mrs. A. Whyte

1 cup butter, 2 small cups sugar, 1 cup cold mashed potatoes, 4 eggs; beating yolks and whites separately; $\frac{1}{2}$ cup milk, $\frac{3}{4}$ cup grated chocolate, 1 cup chopped walnuts, 2 small teaspoons mixed spices, 2 teaspoons baking powder, 2 full cups flour; sift after measuring; $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla. Melt chocolate in the above $\frac{1}{2}$ cup milk then cool before adding to the cake. Raisins chopped and added to walnuts make a rich cake.

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CHOCOLATE CAKE—Mrs. H. N. Heavens

1 cup sugar, $\frac{1}{2}$ cup butter, 1 egg, $\frac{1}{2}$ cup milk (either sweet or sour), $\frac{1}{2}$ teaspoon soda, $\frac{1}{2}$ teaspoon baking powder, $1\frac{1}{2}$ cups flour, 2 teaspoons grated chocolate dissolved in a little warm water.

DEVIL'S CAKE—Mrs. McBratney

2 cups very brown sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ cup hot water, 2 eggs, 1 teaspoon soda dissolved in a little hot water, $\frac{1}{8}$ cake unsweetened chocolate grated and dissolved in hot water, 2 cups of flour.

DEVIL FOOD—Mrs. J. Harry Alexander

$\frac{1}{2}$ cup butter, 2 cups brown sugar, 3 eggs (whites put in last), 1 cup sweet milk, $\frac{3}{4}$ cup grated chocolate, $\frac{1}{2}$ cup milk (boiled and cooled a little), 2 cups flour, 1 teaspoon soda.

DEVILS' OR CHOCOLATE LAYER CAKE

Mrs. A. Cross.

2 squares of Baker's chocolate, 2 egg yolks, 1 cup of milk, 1 cup of sugar, 3 tablespoons melted butter, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon soda, $1\frac{1}{2}$ cups of flour. Grate the chocolate fine and mix it with $\frac{1}{2}$ cup of milk and the yolks of eggs. Set on the fire in granite pan, cooking gently until smooth and creamy, stirring continually. Remove from stove and add the sugar, melted butter, salt and remaining $\frac{1}{2}$ cup of milk into which the soda has been dissolved, add flour and stir until perfectly smooth. Can be baked as layer or loaf cake, with white frosting.

DOUGHNUTS—Mrs. McBratney

Two teacups of sugar, 3 eggs, $1\frac{1}{2}$ teacups of buttermilk, 2 teaspoons of saleratus, 1 teaspoonful of salt, 6 tablespoons of melted lard, flour enough to roll out nicely. Boil in lard.

DOUGHNUTS—Miss Mabel Smith

2 eggs well beaten, 2 tablespoons butter, $\frac{3}{4}$ cup sugar, $2\frac{1}{2}$ cups flour, 3 teaspoons baking powder, 1 cup water (hot). Lift about a large tablespoonful of the batter at one time and fry in hot lard, in a deep saucepan.

DOUGHNUTS—Mrs. L. P. Winslow

1 cup granulated sugar, 1 cup sweet milk, 3 cups flour sifted with 3 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, 3 tablespoons melted butter, 2 eggs. Flavor to taste. Add flour to make soft dough.

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SPICE CAKE—Miss Mabel Smith

$\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup molasses, $\frac{3}{4}$ cup milk, 2 eggs, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon of all kinds of spices, 2 cups flour (to stir pretty stiff).

WHITE FRUIT CAKE—Miss Mabel Smith

$\frac{3}{4}$ cup of butter, 1 cup sugar, 2 eggs, $\frac{1}{2}$ teaspoon vanilla, 1 teaspoon cinnamon, $\frac{1}{2}$ cup raisin and currants mixed, $\frac{1}{4}$ cup nut meats, 1 large teaspoonful baking powder sifted with 2 cups flour. Dredge fruit and nuts with flour. Bake in a loaf tin in a moderate oven.

WELCOME CAKE—Mrs. R. W. McLachlan

2 cups brown sugar, $\frac{1}{2}$ cup butter, 3 eggs, $\frac{1}{2}$ cup cold water, 3 cups flour, 2 cups raisins, $\frac{1}{2}$ nutmeg, $\frac{1}{2}$ teaspoon cinnamon, 2 teaspoons baking powder. Bake slowly.

FRUIT CAKE—Mrs. McBratney

5 cups of flour, 2 cups sugar, 2 cups butter, 1 cup of liquid (about equal quantities of brandy, milk and molasses), 4 eggs, 2 pounds of raisins, citron currants if you choose; 1 teaspoon of saleratus spice to taste, cloves or nutmeg.

PLAIN FRUIT LOAF—Mrs. J. Harry Alexander

1 cup brown sugar, $\frac{3}{4}$ cup shortening, $\frac{1}{2}$ butter, $\frac{1}{2}$ lard; 1 cup sweet milk, 2 eggs, 1 teaspoon spices, 2 cups chopped raisins, dates, walnuts; 2 teaspoons baking powder, 2 cups flour. Mix pretty stiff and bake in moderate oven.

SPANISH BUN—Mrs. D. Jackson

2 cups brown sugar, $\frac{3}{4}$ cup of butter and lard, 1 cup sour milk, 2 cups flour, 3 eggs, keep whites of two for icing; 1 teaspoon soda, 1 teaspoon cloves, salt, $1\frac{1}{4}$ teaspoons cinnamon. Frosting for same—Whites of 2 eggs beaten stiff, 1 cup brown sugar, $\frac{1}{2}$ teaspoon of cinnamon. Spread over cake as soon as baked and brown in the oven.

SOFT GINGERBREAD—Miss Mabel Smith

$\frac{1}{2}$ cup butter, 1 cup milk (sour preferred), 1 cup brown sugar, 1 cup molasses, $3\frac{1}{2}$ or 4 cups flour, 1 teaspoon mixed spices, 1 heaping tablespoon ground ginger, 1 tablespoon soda sifted with flour, 1 egg. Warm molasses, butter, sugar and spices slightly together and stir them to a yellow brown, add them then to the butter, egg and flour. beat up well and bake in a slow oven.

MOLASSES GINGERBREAD (Without Eggs)

Mrs. M. A. Cross

1 cup molasses, 1 cup sour milk, $2\frac{3}{4}$ cups flour, $1\frac{3}{4}$ teaspoons soda, 2 teaspoons ginger, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ cup melted butter, dripping or lard.

JOHNNIE CAKE—Mrs. J. Harry Alexander

1 cup brown sugar, 1 dessertspoon lard, 1 dessertspoon butter, 2 eggs, 1 cup sour milk with 1 teaspoon soda dissolved, 1 cup flour and about 3 cups corn meal—enough to make it very stiff.

ANGEL CAKE—Mrs. Frank Hodgson

Put into 1 tumbler of flour 1 teaspoon of cream of tartar then sift it five times. Sift also one tumbler and a half of white powdered sugar. Beat to a stiff froth the whites of eleven eggs. Stir the sugar into the eggs by degrees adding $\frac{1}{2}$ teaspoon of vanilla and $\frac{1}{2}$ teaspoon of lemon. After this add the flour, stirring or rather folding it in lightly. Pour it into the pan, which should not be buttered or lined. Bake at once in a moderate oven about 40 minutes, testing it with a broom splint. When done let it remain in the cake tin, turning it upside down with the sides resting on the tops of two saucers so that a current of air will pass under and over it.

RASPBERRY CAKE—Mrs. Frank Hodgson

2 eggs, 1 cup white sugar, $\frac{1}{2}$ cup butter, 1 cup raspberries or other fruit, 1 teaspoon cinnamon and a little nutmeg, 3 tablespoons sour milk, 1 teaspoon soda, flour to thicken.

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ORANGE CAKE—Mrs. McBratney

$\frac{1}{2}$ cup butter, 1 cup sugar, 1 cup milk, 2 eggs, 2 cups flour, two teaspoons baking powder, 1 orange cut in very fine pieces and put in cake. Use white icing with the orange peel grated in for flavoring.

FROSTINGS AND FILLINGS

BUTTER ICING—Mrs. J. Harry Alexander

2 cups powdered sugar, 2 tablespoons butter, 3 tablespoons sweet cream vanilla. Cream, butter and sugar together and add cream.

MOCHA ICING—Miss J. Matthew

Mix butter and icing sugar to a paste, cut cake in small cubes, cover with paste and roll in finely chopped nuts.

WHITE ICING—Miss, J. Matthew

(Very nice on dark angel cake). 2 cups brown sugar, 6 tablespoons sweet milk. Boil five minutes, stir all the time. Take from fire. Add one teaspoon vanilla and stir till thick enough to spread.

ICING—Mrs. L. P. Winslow

$1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup water. Boil until it sugars around edge of pan and becomes real thick and strings, then add the syrup slowly to white of an egg beaten stiff, and continue beating until cold. A large platter is best for beating, as icing cools quicker than on a small one.

CHOCOLATE FUDGE ICING—Mrs. H. N. Heavens

Melt 2 squares of chocolate over steam; add 1 teaspoon butter and 3 tablespoons of hot water. When cool add a few drops of vanilla and icing sugar until it is thick enough.

LEMON JELLY—Mrs. Skinner

1 cup sugar, 1 cup cold water, 1 even teaspoon corn starch, yolks of 2 eggs, juice and grated rind of 2 lemons. Cook all together until it thickens, then spread between the layers.

NUT FILLING—Mrs. J. D. Parker

1 cup sour cream, 1 cup sugar, 1 cup nuts chopped fine. Boil together on back of stove.

MOCHA FROSTING—E. M. G.

1 cup frosting sugar, butter size of walnut, 2 table-
spoons cold coffee, 1 teaspoon vanilla, 2 teaspoons cocoa,

APPLE FILLING—Mrs. W. J. D.

Grate 1 or 2 large apples, add 1 egg, 1 cup sugar, rind
and juice of 1 lemon. Boil all together and when cool
spread between layers.

COFFEE ICING—Mrs. Horace Ball

1½ cups confectionary sugar, butter size of an egg.
Cream together, add 1 tablespoon vanilla, 1 tablespoon
cocoa, 3 tablespoons hot coffee. Spread on cake ready to
be served.

FIG FILLING—Mrs. R. S.

¾ lb. figs, ¾ cup sugar, ½ cup boiling water. Chop
figs fine, add sugar and boiling water. Cook until a
Smooth paste. If too stiff add more water. When cold
spread between cakes.

ORANGE FILLING—Mrs. Skinner

Take the juice of 2 small oranges and the yolk of 1
egg and sufficient powdered sugar to make it thick, to this
add beaten white of an egg and spread between layers and
on top.

FROSTING WITHOUT EGGS—Mrs. W. R. Horner

Wet 1 cup sugar with 5 tablespoons milk. Cook in
double boiler, stir until it boils. Let boil 5 minutes with-
out stirring. Set in cold water, stir until creamy.

PIES

Bakers Toast—May we never be done so much as to
make us crusty.

MINCE MEAT—Miss Mabel Smith

2 lbs. raisins, 2 lbs. currants, 1½ lbs. mixed peel, 1½
lbs. suet chopped fine, 2 lbs. white sugar, 4 lbs. apples
cut fine, 2 lbs. meat cooked. Mix all together and put
away till needed.

RHUBARB PIE

1 cup sugar, 1 cup raisins, 1 cup rhubarb, 1 egg, a
little butter. Put yolk in pie and use white for meringue.

CUSTARD PIE—Miss Mabel Smith

Line a deep pie plate with paste, take two eggs, beat very lightly, sweeten to taste. Flavor with nutmeg. Add a cup and a half rich milk. Pour into crust and bake till it is firm.

COCOANUT PIE—Mrs. J. Delbert McFarland

Put one pint milk into a dish with one small cup cocoanut. Place into a dish of water or double boiler and let this boil ten minutes; then cool. Add a pinch of salt and sugar to taste. Yolks of two eggs, keeping out the white of one for the frosting. Put this mixture into a layer of pie crust and bake in the oven.

CREAM PIE—Miss J. Matthew

2 cups rich milk, let come to boiling point, then stir 2 tablespoons corn starch, first mixed in a little cold milk. Add yolks of 2 eggs and 4 tablespoons sugar, stirred to a cream. Put in, then stir all till it is the consistency of honey. Flavor with vanilla and pour into baked crust. Beat whites and spread over top and place in oven till browned slightly.

LEMON PIE—Mrs. A. T. Pratt

1 lemon juice and rind grated, 1 cup of sugar, yolks of 2 eggs, 1 cup of water. 1 heaping teaspoon of corn starch. Put all in double boiler and boil till thick. Make pies with under crust only, pour filling in and bake until done. Whip up whites of eggs stiff, sweeten, spread over pies, return to oven to brown.

LEMON PIE—Mrs. D. Jackson

4 eggs, 1 cup of milk, 1 cup sugar, 1 lemon, 3 soda biscuits, rolled fine, separate the yolks and whites, using whites for frosting. After peeling whites well, use 2 tablespoons of sugar to each white. Do not bake crust first.

PLAIN PIE CRUST—Miss Mabel Smith

2 cups flour, 1 teaspoon baking powder, 6 level tablespoons butter, 6 level tablespoons lard, $\frac{1}{2}$ teaspoonful salt, 1 cup ice cold water. Mix salt with flour and baking powder. With a knife cut in shortening (butter and lard), leaving it rather large, stir in the water a little at a time—do it quickly.

QUEEN TARTS—Mrs. J. H. Smith

2 eggs, butter the size of an egg, 1 cup sugar. Boil and stir in a cup of currants. Put in paste to bake.

PRUNE TART—Mrs. A. J. Seale

To 1 cup of prune pulp (previously boiled and rubbed through a sieve) add 1 cup sugar, $\frac{1}{2}$ cup milk and yolks of 2 eggs well beaten. Line a pie plate with rich paste, fill with the mixture and bake till the crust is done. Beat whites of the eggs, add $\frac{1}{4}$ cup sugar, spread over the top and brown slightly.

MOCK CHERRY PIE—Mrs. G. H. Bray

1 cup cranberries, 1 cup hot water, $\frac{1}{2}$ cup stoned raisins, 1 tablespoon flour, 1 cup sugar (scant), 1 teaspoon vanilla. Chop berries and raisins, add sugar and flour mixed, then add water and cook 10 minutes when cool add vanilla. Bake between two crusts.

PIE PASTE—M. E. M.

3 cups flour, $\frac{1}{2}$ cup lard cut in, $\frac{1}{2}$ cup butter lightly rubbed in, salt, mix with as little water as possible.

CHOCOLATE PIE—M. A.

1 cup milk, 2 tablespoons grated chocolate, $\frac{3}{4}$ cup sugar, 3 eggs (yolks). Heat milk and chocolate, when cool add yolks and sugar beaten together. Flavor with vanilla. Bake with under crust.

RAISIN PIE—Mrs. A. J. Seale.

1 cup seeded raisins (chopped fine), 1 lemon, 1 egg, 1 cup sugar, pinch of salt, 1 cup boiling water, 1 tablespoon corn starch.

CHOCOLATE PIE—Mrs. Frank Hodgson

$\frac{1}{2}$ cup grated chocolate, butter size of small egg, 1 cup hot water, 1 cup sugar, 2 tablespoons corn starch dissolved in a little cold milk. Cook till thick, then pour into a baked shell of pastry. Flavor with $\frac{1}{2}$ tablespoon vanilla.

PUDDINGS AND SAUCES

"Date pudding—Cut the dates out of a back number almanac."

RICE PUDDING—Mrs. E. W. Owen

$\frac{1}{2}$ cup rice (washed), 4 cups milk, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ cup sugar, grated rind of $\frac{1}{2}$ a lemon. Mix ingredients and pour into buttered pudding dish, and bake 3 hours, stirring three times during first hour of baking to prevent rice from settling.

CARROT PUDDING—Mrs. Peasley

1 cup currants, 2 cups raisins, 2 cups grated carrot, 1 small potato grated, 1 lb. beef suet, 2 cups maple sugar, 5 cups flour, 2 teaspoons cloves, spice and cinnamon; $\frac{1}{4}$ lb. citron, orange and lemon peel. Steam 5 hours.

MARMALADE PUDDING—Miss A. L. Simpson

$\frac{3}{4}$ cup bread crumbs, 1 cup flour, $\frac{1}{2}$ cup suet, $\frac{1}{2}$ cup brown sugar, $\frac{3}{4}$ cup marmalade, 1 egg, 1 teaspoon baking powder, sprinkle salt, little milk. Mix dry ingredients first, then add marmalade and milk. Steam.

YORKSHIRE PUDDING—Mrs. J. Delbert McFarland

2 cupfuls flour, 1 teaspoon baking powder and one of salt, sifted. Mix to a soft batter with two cup milk. Beat 3 or 4 eggs light and whip into the batter with quick upward strokes. When roast beef is done lift out meat, pour off the fat from the top of the gravy, turn the batter into the pan of gravy, set back into the oven and bake quickly to a delicate brown. Dish the meat and lay the pudding cut into squares about it in the platter.

FRUIT PUDDING—Mrs. R. W. McLachlan

1 cup suet, 1 cup currants, 1 cup raisins, 1 cup molasses, 1 cup milk, 1 cup bread crumbs, 1 teaspoon each of cloves, cinnamon and ginger; 2 teaspoons baking powder, flour enough to stiffen. For a Christmas pudding add to the above $\frac{1}{2}$ cup of candied peel and half a cup of blanched almonds.

POOR MAN'S PUDDING—Mrs. R. W. McLachlan

1 cup molasses, 1 cup sweetmilk, 1 cup raisins, 1 cup currants, 2 cups suet, 4 cups flour, 1 cup sugar, 1 egg, 1 teaspoon soda, 1 teaspoon baking powder, $\frac{1}{2}$ cinnamon, $\frac{1}{2}$ nutmeg.

CHRISTMAS PUDDING—Mrs. Peter Gordon

$\frac{1}{2}$ cup suet, $\frac{1}{2}$ lb. figs, finely chopped; $2\frac{1}{2}$ cups stale bread crumbs, $\frac{3}{4}$ cup milk, 1 cup brown sugar, 1 teaspoon salt, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon grated nutmeg, $\frac{1}{2}$ cup English walnuts, $\frac{1}{2}$ cup raisins, seeded and cut in pieces; 2 tablespoons flour, 4 eggs, 2 teaspoons baking powder. Chop suet and work with hands until creamy, then add figs. Soak bread crumbs in milk, add eggs well beaten, sugar, salt and spices. Combine mixtures, add nut meats and raisins dredged with flour. Sprinkle over baking powder and beat thoroughly. Turn into buttered mould. Steam 3 hours.

RICE PUDDING—Mrs. A. P. Horner

$\frac{1}{2}$ cup rice, 1 pint milk, $\frac{1}{4}$ cup sugar, little salt and nutmeg. Bake slowly till rice is cooked.

CHOCOLATE BREAD PUDDING—Mrs. Cross

Soak 2 cups stale bread crumbs in 4 cups of scalded milk 30 minutes. Melt 2 squares of Baker's unsweetened chocolate in a small saucepan placed over boiling water. Add $\frac{1}{2}$ of a cup of sugar, and stir until well blended, then add enough milk taken from the bread and milk to make of the right consistency to pour, then $\frac{1}{4}$ of a teaspoon of salt, and 2 eggs slightly beaten. Turn into a buttered pudding dish, and bake 1 hour in a moderate oven. Serve hot with cream sauce. Mix $\frac{3}{4}$ of a cup of thick cream and $\frac{1}{2}$ of a cup of milk, and beat until stiff, using a Dover egg beater. Add $\frac{1}{2}$ of a cup of powdered sugar, $\frac{1}{2}$ teaspoon of vanilla and a few grains of salt. If one has not cream at her command, a vanilla sauce is acceptable with a chocolate bread pudding.

SAGO AND APPLE PUDDING—Miss Mabel Smith

Boil 1 cup of sago in 4 cups boiling water (with a little cinnamon, if desired), and 1 cup of sugar. Cut apples in thin slices and mix them with the sago; after it is well boiled add a small piece of butter. Pour into a pudding dish and bake half an hour. Serve with cream.

STEAMED BREAD PUDDING—Mrs. Frank Hodgson

2 cups bread crumbs, $1\frac{1}{4}$ cups sweet milk, $\frac{1}{2}$ cup molasses or sugar, 1 small cup raisins, $\frac{1}{2}$ cup suet or butter size of an egg, $\frac{1}{2}$ teaspoon soda, salt, cinnamon, nutmeg, cloves. Steam three hours.

BATTER—Mrs. H. N. Heavens

Butter the size of small egg, $\frac{1}{4}$ cup sugar, 1 egg, $\frac{1}{2}$ cup milk, 1 small cup flour, 1 teaspoon baking powder. Cream butter, add sugar, egg and then milk alternately with sifted flour and baking powder. Bake in oven. Fruit may be mixed with this for variety.

LEMON PUDDING—Mrs. A. T. Pratt

1 cup cold water, 1 cup white sugar, the juice and rind of 1 lemon, all mixed well in pudding dish. Then mix 2 cups of flour, 2 teaspoons of baking powder, 2 eggs, well beaten; a little salt, mix well with cold water. Put in spoonfuls with the juice. Bake in oven 20 minutes.

POP OVERS—Mrs. R. W. McLachlan

1 cup milk, 1 cup flour, 1 egg, beat yolk and white separately. Bake in cups, or gem pans, a tablespoonful to each.

BEST 'XMAS PLUM PUDDING—Mrs. McBratney

1 lb. raisins, 1 lb. currants, 1 lb. bread crumbs, $\frac{1}{2}$ lb. suet, chopped fine, 8 eggs, 1 quart milk, 1 teacup sugar, nutmeg, $\frac{1}{4}$ lb. candied citron, $\frac{1}{4}$ lb. candied lemon, cut fine, salt and other spices to taste. Boil slowly 4 hours.

HARD SAUCE—Mrs. Wright

$\frac{1}{4}$ cup sugar (powdered), $\frac{1}{4}$ cup butter, $\frac{1}{2}$ teaspoon lemon extract, $\frac{3}{4}$ teaspoon vanilla, 1 white of egg. Cream butter, add sugar gradually and flavoring, then add white of egg, beaten stiff.

To decorate plum pudding: half oranges or lemons scallop the edges, fill with hard sauce and top with cherries.

PRUNE-WHIP—Mrs. A. T. Pratt

Pick over and wash $\frac{1}{2}$ lb. prunes, then soak several hours in water to cover. Cook in same water until soft. Remove stones, and rub prunes through strainer, add half cup sugar. Cook five minutes. Beat whites of 5 eggs stiff, add prune- whip mixture. When cold, add $\frac{1}{2}$ teaspoon lemon juice. Bake in buttered pudding dish 20 minutes in slow oven. Serve with boiled custard.

"Old-fashioned sauce—Get it from your next door neighbor."

LEMON SAUCE—Miss A. Louie Simpson

1 pt. boiling water, 1 cup sugar, 1 lemon (juice and rind), 2 tablespoons corn starch, 1 tablespoon butter. Grate rind of lemon, put in water and boil. Mix sugar and corn starch, pour in boiling water, put back in pot and allow to boil. Stir all the time. Take from fire and beat in butter and lemon juice.

FOAMING SAUCE—Miss A. Louie Simpson

1 egg, $\frac{1}{2}$ cup sugar, 3 tablespoons scalded milk, 1 teaspoon vanilla. Beat egg until light. Beat in sugar. Add scalded milk, then flavoring. Beat until foaming.

HARD SAUCE—Mrs. H. P. Wright

$\frac{1}{2}$ cup sugar (powdered), $\frac{1}{4}$ cup butter, $\frac{1}{2}$ teaspoon vanilla or $\frac{1}{8}$ teaspoon grated nutmeg. Beat well.

PUDDING SAUCE—Mrs. R. W. McLachlan

1 cup sugar, $\frac{1}{2}$ cup butter, 1 cup milk, 1 egg, 1 teaspoonful flour. Stir butter and sugar together to a cream, add the flour and egg, well beaten; then the milk boiling hot, flavor.

PUDDING SAUCE—A. M. C.

1 cup butter, adding gradually 2 cups sugar, unbeaten whites of 2 eggs, 1 teaspoon lemon extract, $\frac{1}{2}$ cup boiling water, place in bowl of hot water, stir 3 minutes, serve hot.

TRANSPARENT SAUCE—M. A.

1 cup sugar, 1 cup water, 1 tablespoon corn starch, and piece of butter, cook until clear.

COLD DESSERTS

ORANGE PUDDING—Mrs. A. T. Pratt

6 oranges cut up fine in a pudding dish, sprinkle with one cup of sugar. Put a pint of milk in double boiler. When boiling thicken with two tablespoons of corn starch dissolved in a little cold milk, add a pinch of salt, the yolks of two eggs, well beaten; cook about 15 minutes, pour the whole over the oranges, then whip up the whites, sweeten to taste. Spread over the whole. Brown in oven. Set away to cool. Should be made about 3 hours before wanted. Peaches and pineapple and strawberries can be made in the same way.

LEMON PUDDING—Mrs. McBratney

1 pint of water, 1 cup of sugar, juice of 2 lemons, 2 heaping tablespoons of corn starch dissolved in a little water and cooked with above until thick. Remove from fire and stir in the well beaten whites of two eggs, turn into mould and cool. Serve with cream.

LEMON SPONGE—Mrs. R. W. McLachlan

2 ounces of gelatine, pour over one pint of cold water, let it stand 15 minutes, add half a pint of boiling water, $\frac{3}{4}$ pound of white sugar and juice of 4 lemons. When the gelatine is cold, before it begins to get firm, add the well beaten whites of three eggs, beat the whole 15 minutes, until the mixture is quite white and begins to thicken. Then put in a mould first wet with cold water.

CANADIAN SNOW—Mrs. R. W. McLachlan

Moisten 3 tablespoons of corn starch with a little cold water, pour over it a half pint of boiling water, add $\frac{1}{4}$ cup of sugar, $\frac{1}{2}$ teaspoon vanilla, then pour this whole hot over the well-beaten whites of 3 eggs. Turn into a mould and cool. Serve with cream or soft custard sauce.

SOFT CUSTARD SAUCE

Beat the yolks of 3 eggs with 3 tablespoons of sugar, add half a pint of hot milk. Cook for a moment, then add $\frac{1}{2}$ teaspoon of vanilla and cool.

MAPLE DESSERT—Mrs. A. P. Horner

$\frac{1}{2}$ pt. whipped cream; 2 teaspoons Knox gelatine dissolved in a little cold water; $\frac{1}{2}$ cup maple syrup, $\frac{1}{4}$ cup chopped nuts. Bring syrup to a boil and add gelatine. When nearly cold add whipped cream and nuts and chill.

BOILED CUSTARD—Mrs. A. T. Pratt

Beat yolks of 3 eggs slightly, add $\frac{1}{4}$ cup sugar, $\frac{1}{8}$ teaspoon salt. Stir constantly while adding 2 cups scalded milk. Cook in double boiler. Continue stirring until mixture thickens and a coating forms on the spoon. Flavor with $\frac{1}{2}$ teaspoon vanilla and remove at once from fire.

PRUNE-WHIP—Mrs. L. P. Winslow

1 lb. best prunes, stew until tender, remove stones and chop a little. Fold in gently the stiffly beaten whites of 2 eggs and $\frac{1}{2}$ cup of sugar. Pour into a buttered pan bake 20 minutes in slow oven. When cold slip pudding from pan and serve with whipped cream.

MARSHMALLOW CREAM—Mrs. D. Jackson

Dissolve 1 heaping teaspoon gelatine in $\frac{1}{2}$ cup cold water, stir over fire until dissolved. Add $1\frac{1}{2}$ cups of cold water to hot gelatine, let stand to cool. Beat whites of 4 eggs, pour gelatine into whites, add 1 cup sugar, almond extract, beat until well mixed, spread with almonds. Serve with whipped cream.

PEACH SNOW—Mrs. A. T. Pratt

6 large peaches, peel and cut very fine, sprinkle with half cup of fruit sugar. Set away on ice to cool. When ready to serve, whip the whites of 3 eggs stiff, also a cup of cream, add half cup fruit sugar. Whip all together. Build pyramid on top of peaches. (Very good.)

PINEAPPLE CREAM—Mrs. H. P. Wright

$\frac{1}{2}$ box Knox's granulated gelatine, $\frac{1}{2}$ cup cold water, 1 can grated pineapple, $\frac{1}{2}$ cup sugar, 1 tablespoon lemon juice. Whip from 3 cups cream. Soak gelatine in cold water for five minutes. Heat pineapple, add sugar, lemon juice, and soaked gelatine; chill in pan of ice water, stirring constantly. When it begins to thicken, fold in whip from cream, mould (having first rinsed mould in cold water) and chill.

SOFT CUSTARD—Miss A. Louie Simpson

1 cup milk, 1 egg (yolk), 1 tablespoon sugar, rind of lemon. Scald milk in double boiler. Beat eggs light, add sugar. Pour scalded milk into eggs and stir well. Put in double boiler again, stir with spoon until it thickens. Add salt, strain and cool. Beat white of egg and put on top.

ORANGE CONSERVE—Mrs. J. Delbert McFarland

6 pds. pie plant cut in small pieces, cover with 3 pds. powdered sugar, let stand over night. 3 oranges, cut and sliced, cover this with half pound sugar, let stand over night. Put orange peel in water and also let stand over night. Put all together and let stand $\frac{3}{4}$ of an hour, then add 1 cup blanched chopped almonds. Boil together $\frac{1}{4}$ of an hour.

CHERRY CONSERVE—Mrs. George Holden

2 qts cherries, fresh and sour; 6 cups pie plant, 4 pds. powdered sugar, 1 cup walnuts, $1\frac{1}{2}$ cups pine apple. Boil together $\frac{3}{4}$ of an hour.

CARAMEL CUSTARD—Mrs. Frank Hodgson

Place one cup of brown sugar in a saucepan and brown it. When smooth add enough hot water to make a fluid. $1\frac{1}{2}$ cups of sweetmilk, 2 tablespoons corn starch. Cook until creamy and add $\frac{1}{2}$ cup of chopped walnuts. Flavor with vanilla.

LEMON FOAM—Mrs. Frank Hodgson

2 cups hot water, juice of 1 lemon, 1 cup sugar, 2 desertspoon corn starch mixed with a little water, stir into hot water and sugar, then add the whites of 2 or 3 eggs well beaten. Pour into a mould. Make a thin custard out of the yolks for sauce.

ICE CREAM AND FROZEN PUDDINGS

CARAMEL ICE CREAM—J. H. M.

Put 4 ozs. white sugar in iron frying pan, stir until sugar turns brown, have ready 1 pint of boiling milk, turn burnt sugar into it. Stir over fire 1 minute, set aside to cool. When cold add $\frac{1}{2}$ lb. sugar, 1 quart cream, 1 tablespoon vanilla. When frozen remove dasher, stir in pint whipped cream, repack, cover and let stand 1 hour. This will serve 12 persons.

ICE CREAM—Janet M. Griggs

$1\frac{1}{2}$ quarts cream, 1 pint milk, $1\frac{1}{2}$ cups sugar. $1\frac{1}{2}$ tablespoons vanilla or lemon.

STRAWBERRY SHERBET—Janet M. Griggs

1 quart strawberries, well mashed; 1 quart hot water, 2 cups sugar, juice of 6 lemons and 3 oranges.

ICE CREAM—Mrs. F. R. Fogerty

$\frac{1}{2}$ pint cream, $\frac{1}{4}$ pint rich milk, whites of 2 eggs, $\frac{3}{4}$ cup sugar, teaspoon vanilla, whip cream. Whip eggs. Mix, freeze in mould. No turning of crank. Makes about two quarts.

PINEAPPLE SHERBET—Janet M. Griggs

1 pine apple grated, $1\frac{1}{2}$ quarts of water, $2\frac{1}{2}$ cups sugar, juice of 3 lemons, 1 pt. of cream may be added just before it is finished freezing. This makes a nice sherbet.

STRAWBERRY ICE CREAM—Janet M. Griggs

2 quarts cream, 1 quart milk, 1 quart strawberry preserves, 1 cup powdered sugar.

MAPLE MOUSSE—Mrs. R. P. M.

Yolks of 3 eggs, 1 cup maple syrup, let come to a boil, beat in yolks, cook till of consistency of thick custard, let cool, add 1 pint cream, whipped very stiff with $\frac{1}{4}$ cup pulverized sugar, put in ice cream mould and pack away in ice for 4 hours to freeze. Nuts may be added.

MAPLE PARFAIT—Mrs. J. G. MacFarlane

Beat yolks of 3 eggs and boil with one cup of maple syrup, then beat until cold with 2 tablespoons sugar, add 1 pt. whipped cream and when mixture is partly frozen add whites and chopped almonds.

FROZEN PUDDING

1 pint of cream whipped, 1 cup maple syrup, yolks of 2 eggs. Cook in a double boiler to a custard. When cool add to the whipped cream. Put in a mould and freeze in a pail of snow with plenty of salt. Cover and allow to stand 4 hrs. Add chopped nuts if you wish.

VANILLA ICE CREAM—A. M.

2 cups milk boiled in double boiler, add yolks of 2 eggs well beaten, stir and cook until it thickens. Strain over 1 cup granulated sugar, set aside to cool. When ready to freeze add 1 quart cream and whites of 4 eggs beaten to a froth. Flavor with 3 teaspoons vanilla. For chocolate ice cream use above rule, adding to milk, before boiling, 2 to 4 ozs. grated chocolate.

PRESERVES AND MARMALADE

"Currant jam—jam your currants and bottle."

CANNED PEACHES—Miss Mabel Smith

To 5 lbs. of fruit make a syrup of one quart of water and one pound sugar; boil the fruit in this until it can be pierced with a straw, bottle and seal.

CANNED PINEAPPLE—Mrs. J. H. Smith

Pare and chop very fine the pineapple, add one pound of sugar to each of fruit, and stir it thoroughly. Let stand over night. The next morning stir again and put into jars, sealing tight without heating.

TO CAN RASPBERRIES—Mrs. J. H. Smith

Fill sealers with nice fresh berries, place on them the glass taps only and set in the oven till cooked. With a moderate fire one-half an hour will be long enough. Remove from the oven and pour over them filling the jars a boiling syrup which has been prepared in the meanwhile; seal.

CANNED RASPBERRIES—Mrs. A. T. Pratt

1 pound of sugar, 1 pound of fruit, let stand 12 hours, stir, let stand another 12 hours, stir, then bottle in Gem jars.

TO CAN RED CURRANTS—Mrs. A. P. Horner

Crush every currant and add white sugar, pound for pound, let stand till sugar dissolves, then put into jars without cooking.

MARMALADE—Mrs. A. T. Pratt

6 pounds sugar, 4 pounds rhubarb, 4 lemons, sliced, run through mincer, 1 pound of walnuts rolled. Boil one hour, add Walnuts. Can be made with apples or oranges.

GRAPE JAM—Miss Esther E. Macaulay

Separate skins and pulp after washing grapes. Boil pulp until seeds come to the top. Put through a colander, add skins and measure. Boil until skins are tender. Then add $\frac{3}{4}$ lb. sugar for every pint of fruit and boil 20 minutes more. It takes a long time for skins to get tender. Try them, and if they chew into a hard mass, they are not boiled enough. Use only granite or crockery dishes and wooden spoon. One basket makes 4 pints.

GRAPE FRUIT MARMALADE

1 big grape fruit, 1 lemon, sliced thin. Let stand over night in 1 qt. water. Then add 5 lbs. white sugar and boil one hour.

MARMALADE—Miss A. Louie Simpson

6 bitter oranges, 6 sweet oranges, juice of 3 lemons. Wash the oranges. Put whole in a pot and cover with cold water. Boil until the skin is soft and can be pierced with the head of a pin (say two hours). Pour off the water—when cool cut them in quarters, scoop out pulp. Pick out seed and shred the rinds into thin slices. Then put in crock and add as much cold water as you have rind and pulp. Allow to stand 36 hours. Measure this into a pot. When it comes to the boil add the same quantity of sugar, measure for measure. Put in sugar by degrees. Let it boil until it commences to jelly or drips from the spoon. Ten minutes before it is taken off the fire add the lemon juice.

MARMALADE—Mrs. J. Harry Alexander

12 oranges, 4 lemons, 3 qts. water, 8 qts gran. sugar. Wash oranges and boil them in the 3 qts water for 1 hour, let stand over night in same water. In the morning slice and boil one hour in same water. Then add sugar and boil one hour and bottle.

PEAR MARMALADE—Mrs. Dalziel

7 lbs. pears, pared, cut in small pieces across the grain. Add 1 lb. sugar to each lb. pears. To pears and sugar add 1 small jar preserved ginger, cut fine; boil gently for several hours. Do not use any water in this recipe.

RELISHES

INDIAN SAUCE—Mrs. Frank Hodgson

8 ripe tomatoes, 6 sour apples, 4 onions, $\frac{1}{2}$ lb. raisins, 1 head celery, 2 red peppers, chopped fine; 1 qt. white wine vinegar, 1 tablespoon mustard, 1 oz. ginger ($\frac{1}{2}$ teaspoon), 1 lb. white sugar, $\frac{1}{2}$ cup salt. Boil 2 hours, stirring often.

CELERY SAUCE—Mrs. J. Delbert McFarland

12 heads celery, chopped fine; 4 cups brown sugar, 1 tablespoon tumeric powder, $\frac{1}{4}$ lb. white mustard seed, $\frac{1}{2}$ lb. mustard, 1 tablespoon salt, 1 tablespoon pepper, 1 quart vinegar. Let simmer one hour.

INDIAN RELISH—Mrs. D. Jackson

1 quart rhubarb, chopped; 1 quart onions, 4 cups brown sugar, 1 teaspoon cinnamon, 1 teaspoon allspice, 1 tablespoon cloves, $\frac{1}{2}$ teaspoon cayenne pepper, 1 pint vinegar, 3 tablespoons level of salt. Boil slowly for two hours.

TOMATO CATSUP—Mrs. J. H. Smith

1 gallon tomatoes, 5 teaspoons salt, 1 teaspoon cayenne, 1 teaspoon black pepper, 1 teaspoon mace, 1 allspice and cinnamon, $\frac{1}{2}$ teaspoon cloves, 1 tumbler brown sugar, 1 cup vinegar, 1 tablespoon mustard. Boil tomatoes and strain, then add other ingredients and boil.

PLUM CONSERVE—Mrs. A. P. Horner

2 quarts sour plums, 1 lb. seeded raisins, 2 oranges, 2 $\frac{1}{2}$ lbs. white sugar, $\frac{1}{4}$ lb. shelled walnuts. Chop oranges, raisins and walnuts fine. Cook plum pits 15 minutes in large cup water. Add this juice to the conserve and cook 50 minutes.

MUSTARD PICKLES—Miss Esther E. Macaulay

1 qt. small onions, 1 qt. small cucumbers, 2 heads celery, cut in small pieces; 2 heads cauliflower, cut in small pieces; 4 red peppers or 2 tablespoons whole mixed spice in a bag. Cover vegetables with weak brine and let stand 24 hours. Bring to a boil and drain. Put vegetables into a large jar or crock. Take 2 qts. vinegar and the spice. Bring to a scald. Mix: 1 cup flour, 2 cups brown sugar, 6 tablespoons mustard, 1 tablespoon tumeric. Add mixture to hot vinegar and cook slowly until thick and smooth like custard. While hot pour over vegetables. Let stand 10 days partly covered, stirring every day. Then bottle.

GREEN TOMATOE SWEET PICKLE

Mrs. R. W. McLachlan

GREEN TOMATO SOY—Miss Esther E. Macaulay

2 gals. green tomatoes, sliced; 12 good sized onions, or 7 spanish onions, 4 cups vinegar (cider), 1 qt. brown sugar, 2 tablespoons salt, 2 tablespoons mustard, 1 tablespoon allspice, (1 tablespoon cloves and 4 sticks cinnamon in a bag). Boil till soft—2 hours any way. Run fire low.

SWEET TOMATO PICKLES—Miss Esther E. Macaulay

7 lbs. green tomatoes, sliced; $3\frac{1}{4}$ lbs. sugar, $1\frac{1}{2}$ cups vinegar, (1 oz. cinnamon, 1 oz. cloves, in a bag). Stew till done.

SPICED GOOSEBERRIES—Mrs. A. P. Horner

5 lbs. fruit, 4 lbs. sugar, 2 cups vinegar, 1 ounce cloves, $\frac{1}{2}$ ounce cinnamon, $\frac{1}{2}$ ounce Allspice. Cook two hours.

CHILI SAUCE—Miss Mabel Smith

30 large ripe tomatoes, 6 peaches, 6 pears or 12 apples, 2 fed peppers, chopped fine; 4 cups white sugar, 2 tablespoons salt, 1 qt. vinegar, $\frac{1}{4}$ lb. allspice (whole). Cut all in small pieces, add other ingredients and tie spices in a bag. Boil $1\frac{1}{2}$ hours.

CHILI SAUCE—Mrs. A. T. Pratt

1 tin tomatoes, $\frac{1}{2}$ cup vinegar, $\frac{1}{2}$ cup sugar (gran.), 1 teaspoon pepper, 1 teaspoon salt, $\frac{1}{2}$ teaspoon cinnamon, 1 onion, chopped fine. Boil 20 minutes.

CHILI SAUCE—Mrs. L. P. Winslow

2 quarts tomatoes, 4 good sized onions, 6 sweet peppers, 2 tablespoons sugar, 1 tablespoon salt, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{2}$ teaspoon cloves, 1 teaspoon cinnamon, 1 pint vinegar. Chop onions and peppers rather fine. Mix spices, sugar and salt carefully and add. Cook down about one half, or until quite thick.

CHILI SAUCE—Mrs. J. Delbert McFarland

Green or red tomatoes. 16 large tomatoes (or more small ones), 12 large onions chopped fine, 3 or 4 red or green peppers (or $\frac{1}{4}$ teaspoon cayenne pepper), 2 bunches celery or $\frac{1}{2}$ teaspoon of celery seed, $\frac{1}{2}$ tablespoon cinnamon, $\frac{1}{4}$ tablespoon cloves, 1 tablespoon allspice, 1 tablespoon curry powder (may be omitted), salt to taste. 2 cups brown sugar, 2 cups vinegar. Boil until soft. Vary ingredients, according to number of onions used. 1 can tomatoes with 8 onions will work same results. Add 1 cup more sugar and 1 cup water, if desired.

SPICED GRAPES—Mrs. J. Delbert McFarland

1 basket grapes. Remove stems. Put on to boil with four cups of water. Mash repeatedly through colander until all juice is extracted. Add 2 dessertspoons cinnamon, 1 teaspoon cloves, 12 cups (heaping) sugar. Boil until it thickens slightly. Remove scum and bottle. This is lovely with fowl and cold meats.

SPICED GRAPES—Mrs. Dalziel

6 lbs. grapes, after seeds are removed; 6 lbs. gran. sugar, 2 large tablespoons cinnamon, 1 large tablespoon cloves, 1 large tablespoon allspice. Boil till pulp settles. Add 3 cups vinegar. Boil a few minutes.

RHUBARB SAUCE—Mrs. Dalziel

1 qt. chopped rhubarb, 1 qt. chopped onions, $\frac{3}{4}$ quart vinegar, 1 tablespoon salt, $1\frac{1}{2}$ lbs. brown sugar, 1 teaspoon each of ginger, allspice, cloves, cinnamon, nutmeg and cayenne.

CHILI SAUCE—Mrs. J. Harry Alexander

9 cans tomatoes, 4 red peppers, 4 small onions, chopped together; 4 cups vinegar, 2 cups brown sugar, 4 tablespoons salt, 4 tablespoons mustard, 2 teaspoons ground ginger, 2 teaspoons cinnamon, 2 teaspoons allspice. Cook until clear.

BEVERAGES

To make ice water last, prepare everything else first.

RASPBERRY VINEGAR—C.

To 4 quarts raspberries add enough vinegar to cover, let stand 24 hours, scald and strain, add 1 lb. sugar to 1 pint juice, boil 20 minutes and bottle.

ORANGE ALBUMEN

Juice of 1 orange, white of 1 egg, 1 tablespoon water, sugar to sweeten, strain through muslin.

RASPBERRY VINEGAR—Mrs. J. Delbert McFarland

4 quarts red raspberries. Put enough vinegar to cover and let stand 24 hours. Scald and strain it, add a pound of sugar to one pound of juice. Boil it 20 minutes and bottle.

BOSTON CREAM—W. Alexander

1 gallon water, 4 lbs. sugar, 4 oz. tartaric acid, $1\frac{1}{2}$ oz. essence lemon, whites 6 eggs. Make sugar into a syrup, beat eggs to stiff froth and add syrup when cool with tartaric acid and lemon. Stir all together and bottle. For using put a wineglassful into a tumbler, fill with water to about an inch from top and then add enough soda to effervesce (size of an egg).

UNFERMENTED WINE—A. M. O.

Put 20 lbs. concord grapes in a 3-gallon porcelain kettle, crush well with potato washer, add 2 quarts of water, put on stove and let come to a boil, remove from stove and strain through a bright tin collander (new one preferable), then put in kettle again and add one quart of water and 6 lbs. sugar. Let it then strain carefully through a cloth. Now bring to boiling point and put in Gem jars, seal while hot.

PREPARED LEMONADE—Mrs. D. Jackson

$2\frac{1}{2}$ cups of sugar, level tablespoon of powdered tartaric acid, pour over it one pint boiling water. When dissolved and cool add 1 tablespoonful essence of lemon and juice of one lemon, keep in a cool place.

CANDY

Kisses. Here is something really sweet. The necessary adjuncts are a pretty girl, a good looking young man and a golden opportunity.

FUDGE—Miss Maude McKergow

2 cups sugar, $\frac{1}{2}$ cup milk, butter size of a plum, 3 tablespoons grated chocolate. Boil till forms a soft ball in water. Beat, add chopped walnuts and vanilla.

TURKISH DELIGHT—Miss Beatrice Thompson

1 oz. sheet gelatine, 1 lemon, grated rind, 1 lb. white sugar, 1 orange, grated rind, 1 cup water, dissolve gelatine in $\frac{1}{2}$ cup water. Let sugar and $1\frac{1}{2}$ cups water come to a boil, add gelatine and rind and juice of lemon and orange, boil 20 minutes and pour out on platter which has been wet with cold water. When jellied cut in squares and roll in powdered sugar.

CANDY—Mrs. W. W. Sparling

2 cups sugar, $\frac{1}{2}$ cup milk, 4 squares chocolate, small piece of butter, vanilla flavoring, boil about 5 minutes and stir until nearly cold and pour in a butter dish.

BLANCH ALMONDS—Miss Beatrice Thompson

Pour boiling water over nuts, let stand a few moments, drain and cover with cold water, slip from skins and put in pan in oven to dry. If used for cooking they must not brown, but if for eating let them turn a delicate brown. Sprinkle lightly with salt.

PEPPERMINT DROPS—C.

1 cup sugar (powdered is best), moisten with boiling water and boil 5 minutes, remove from fire and add pinch of cream of tartar, mix and add 5 drops of oil of peppermint, beat briskly until the fondant whitens, then drop on paper. It should not sugar before dropping on paper.

MOLASSES TAFFY—A. E. L.

3 cups brown sugar, 1 cup molasses, 1 tablespoon butter, 1 teaspoon vinegar. Boil together until it forms a ball when dropped in cold water, pour on buttered plates.

PUFFED RICE CANDY—Mrs. J. Delbert MacFarland

1 cup brown sugar, $\frac{1}{4}$ cup water, a little cream of tartar, 1 tablespoon vinegar, 2 tablespoon butter. When this boils pour over three cups of puffed rice.

BUTTER SCOTCH—Mrs. Frank Hodgson

To 1 cup brown sugar add a little less than $\frac{1}{2}$ cup water, butter the size of an egg, 1 teaspoon vinegar. After mixture commences to boil avoid stirring. Boil until it threads, take off and pour into buttered pans. When cooling mark into squares.

DAVID HARUM—Mrs. Frank Hodgson

2 lbs. brown sugar, 1 cup milk, butter size of an egg, $\frac{1}{2}$ cup nuts, $\frac{1}{2}$ cup raisins, 1 teaspoon vanilla. Mix well before putting on fire the sugar, milk and butter. Boil until it threads. Remove from fire and add nuts, raisins and vanilla. Beat until thick.

FONDANT—Mrs. Frank Hodgson

2 $\frac{1}{2}$ lbs. white sugar, 1 $\frac{1}{2}$ cups water, $\frac{1}{4}$ teaspoon cream of tartar. Boil without stirring until it forms a soft ball under cold water, pour into buttered pans and sprinkle on a few drops of extract.

When cool stir until creamy, then knead with the hands like bread and shape into balls.

COCOANUT BALLS—Mrs. Frank Hodgson

Beat the white of 1 egg stiff, add 4 ozs. fine granulated sugar, 4 ozs. cocoanut. Shape into balls and bake on a buttered pan in a moderate oven until a very light brown.

HOUSEHOLD HINTS.

RULES FOR TESTING FAT FOR FRYING

When the fat begins to smoke drop in an inch cube of bread from soft part of loaf, and if in 40 seconds it is a golden brown the fat is right temperature for frying any cooked mixture. Use same test for uncooked mixtures allowing one minute for bread to brown.

Open canned fruit or vegetables an hour or two before needed for use. It is far richer when the oxygen is thus restored to it.

To beat the whites of eggs stiff with ease they should be cold with a very small piece of salt.

Make boiled starch with a weak soap suds made of white soap instead of clear water and you will have no difficulty with it sticking.

Ink stain—Soak in sour milk. If a dark stain remains rinse in a weak solution of chloride of lime.

Blood—Soak in cold water then wash, boil. Use plenty of soap.

Grass—Saturate spot thoroughly with Kerosene, then wash.

Iodine—Wash with alcohol, then rinse in soapy water.

Hot tea or coffee—Soak stain in cold water, wring, spread out and pour a few drops of glycerine on spots, stand several hours, then wash in cold water and soap.

Iron Rust—Soak stain thoroughly with lemon juice, sprinkle with salt and bleach several hours in sun.

Pitch or Tar—Soften stains with lard, then soak in turpentine, rub gently till dry.

Mildew—Soak in weak solution of chloride of lime for several hours. Rinse in cold water.

Sewing Machine Oil—Rub with lard, let stand for several hours, then wash in cold water and soap.

Scorch stains—Wet scorched place, rub with soap and bleach in sun.

Fruit stains—Pour boiling water, or hang outdoors over night in cold weather. If it is an old stain soak in weak solution of oxalic acid or hold spot over fumes of sulphur.

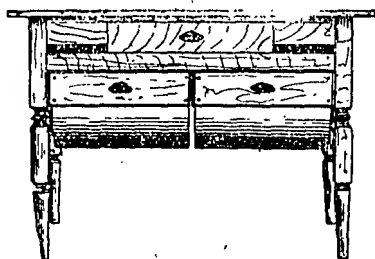
Varnish and Paint—If on coarse fabric saturate with turpentine. If on fine use alcohol. Sponge with chloroform if dark ring is left. Don't use chloroform or turpentine where there is fire.

WEIGHTS AND MEASURES—J. Matthew

2 cups lard	equals 1 pound.
2 cups butter	" 1 "
4 cups white flour	" 1 "
4 $\frac{1}{4}$ cups Graham flour	" 1 "
2 $\frac{2}{3}$ cups corn meal	" 1 "
2 cups granulated sugar	" 1 "
2 $\frac{2}{3}$ cups powdered sugar	" 1 "
3 $\frac{1}{2}$ cups confectioners' sugar	" 1 "
2 $\frac{2}{3}$ cups brown sugar	" 1 "
2 cups raisins	" 1 "
2 $\frac{1}{4}$ cups currants	" 1 "
2 cups stale bread crumbs	" 1 "
9 large eggs	" 1 "
2 tablespoons butter	" 1 ounce.
4 tablespoons flour	" 1 "
16 tablespoonfuls dry stuff	" 1 cup.
2 coffee cupfuls	" 1 pint.
4 teaspoonfuls	equal 1 tablespoonful liquid
2 tablespoonfuls	equals 1 ounce liquid.

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